Chichester Herald

Friday 24th August 2012
YOUR FREE WEEKLY NEWSPAPER

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Chichester's A grade above

›› *A Level grades rise throughout Chichester for 2012*

Dean Adams
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STUDENTS of Chichester are celebrating after a fantastic year of grades at A Level.

Chichester College has, for the fourth year in a row, produced an A level pass rate of almost 100%. This year pass rates rose to 95%, a 1% increase over the previous year whilst

> "High grades achieved this year have risen by a fantastic 3% compared to last year"

Chichester High School for Boys and Chichester High School for Girls 40% of students achieved A*-B grades at A Level with 96% achieving grades A* E.

At Chichester College, an impressive 23 A-level subjects had achievement rates of 100%, the remainder of the 31 subjects offered had pass rates in excess of 90 %. These included subjects such as Mathematics, Law, Business Studies, Economics, English Literature, Film Studies, History, Human Biology, Music, Music Technology and Spanish.

Most importantly, the high grades achieved at A level this year have risen by a fantastic 3% compared to last year, with 75% of results being grade A*-C. Almost half of all students achieved grades A*-B. These high grades give Chichester College students an advantage in getting into the university of their choice.

Some successful students are celebrating getting into a wide range of universities. Others have decided to continue their studies at Chichester College on higher education, vocational and others will be going to work, many through apprenticeships.

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Students celebrate at Chichester College

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YOUNG PARENT DUKE OF EDINBURGH AWARD 2012 Page 10

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Local News

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Reflecting on the results Vicki Illingworth, Assistant Principal for Student Success, said "We are delighted to have improved our A Level results yet again and are extremely proud of our staff and students and the hard work they have put in to achieve such great success. Our students are celebrating their results with friends and family and looking forward to taking up their university places or going to work. We are very pleased for them and delighted that Chichester College continues to help students achieve their potential. We are the No 1 college in Sussex for our overall College success rates (2013) and are delighted that our A Level results make such an important contribution to this achievement."

Chichester College has demonstrated again the effectiveness of its high quality A-level teaching, so much so that students from all over Sussex, Hampshire and even further afield come to the college.

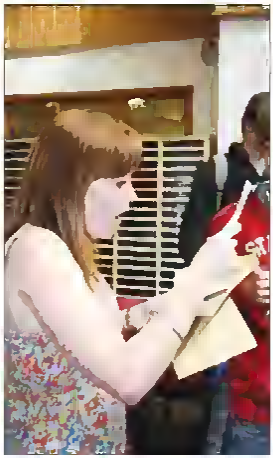
Deputy Principal, Sarah Stannard, said: "We are extremely proud of how well our students have done. Teaching high quality A level courses is an extremely important part of the College's role in preparing young people so they are ready to make the transition to university or work. We are delighted that Chichester College staff strives to ensure that students achieve successful results and that we can help our students to enter the universities and jobs of their choice."

Gavin Salvesen-Sawh, Headteacher of Chichester High School for Boys said: "I am delighted to announce some excellent results from students in our joint 6th Form. Congratulations to all students, but especially to the following that excelled and achieved fantastic grades.

"Very special congratulations and commendations to Laurence Eastwood, who has been accepted by Cambridge University and to Tim Westwood gaining 4 A* grades and being accepted by University of Bath.

"Whilst the student body must be congratulated for the their hard work, I would also like to pay tribute to the teaching staff at both High schools, who have worked tirelessly throughout the year, the parents for their support and to the Heads of 6th Form, Mr Nick Brown and Mrs Jo McKeown.

"Commendations to Year 13 boys whose results at A* - B were 6% higher than last year. The good grades achieved this year have enabled Year 13 students to gain entry to their chosen universities and we are proud of their success."



Best Dressed Lady scoops £2000 at Fontwell Park

Best Dressed Lady Nadine Hillman with the judges Kim Lawrence from Q Hair & Beauty, Amy Sykes & Katie Gully from Countesan Boutique

OVER 4000 racegoers flocked to Fontwell Park for Ladies Evening last Thursday for a great evening of racing & live entertainment. During racing, over 250 ladies competed to win the top prize of £2000 cash for the Best Dressed Lady.

Nadine Hillman, aged 26, lives in Crawley & currently is working as a Cabin Crew member from Gatwick Airport. Nadine said "I can't believe it, I'm still trying to decide what to spend it on...but I think a holiday & a bit of shopping is definitely in order!"

Along with 7 races, visitors were treated to a live performance from The Magic of Take That & Robbie who kept the crowds dancing the night away.

Ladies Evening was the first race fixture for new General Manager, Tracy Skinner. Tracy, 34, joins Fontwell Park from Newcastle Racecourse where she previously held the position of Commercial Manager. Tracy said: "Ladies Evening was a great success and I'm delighted to get my first raceday under my belt. This is one of Fontwell Park's most prolific race meetings and I am really looking forward to making it bigger & better next year!"

More than £8m has been spent improving the facilities including the construction of the £6.5m BHSport Premier Grandstand in 2010. Along with offering superb raceday facilities, the state-of-the-art Grandstand is ideal for conferencing, trade shows, weddings and parties and is fast becoming one of the most popular business and leisure venues for business along the South Coast.

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Chichester's forward thinking made the country a more democratic place

Tommy Boyd

CHICHESTER MOTORING

The debate about Chichester going 20mph is raging (well sort of, if anybody rages about anything in our dear little compound) Instinctively I m in favour What's the rush?

THE 20MPH CAMPAIGN

We had a lady knock on our door asking for support for the campaign and informing us that everyone even children have a vote I m all in favour of universal suffrage anyway and this idea seems brand new and welcome Why shouldn t children have a vote? William Hague was more politically astute at 14 than ...er ... well than he was at 34

CHICHESTER'S PLACE AS AN ELECTORAL REFORMER

We were the first constituency to go one person one vote in the country Somewhere between the Magna Carta and the Suffragette movement, Chichester's forward thinking made the country a more democratic place Now we're at it again, with votes for kids Brilliant

MOTORING QUIZ

I was in the dentist waiting room when a burly man started going on about how a 20 mph limit wouldn t work in Bognor I shut him down by asking if anybody knew what the law would say if a cyclist broke the 20 mph limit He reckoned it didn't apply to cyclists because they don t pay road tax I made out I knew better on the basis that a policeman once told me that any machine with wheels is a vehicle, and that technically if you walk along pushing a bicycle beside you, you are a vehicle and that therefore cyclists could get a ticket if they do 21mph going downhill along Broyle Road dropping into Chichester Which anyone could manage free wheeling Mind the truth is I don t know the answer

MOTORING QUIZ 2

I was pulling away from the pump after filling up still on the forecourt, when a text came through on my mobile phone which was in a bag on the back seat I braked but the know-all sitting in the passenger seat said I would be breaking the law if I checked the phone, because my engine was running I replied that a garage forecourt isn't the public highway he replied that motoring law applied Just like in a car park, I didn t touch the phone. But truth is

I don t know the answer

QUESTION 3

I'm leaving a supermarket car park, slowly It's late, and half empty Suddenly a car coming the other way the driver has his window down and is waving frantically at me. Why? I m going the wrong way to the arrows on the car park tarmac I think I know the answer here Life is too short to stuff a mushroom and to obey supermarket one-way systems Or should I? Don t take my lead on this one, by the way

JOKE

A cop car pulls over a driver who is driving erratically late at night The officer says "Good evening sir May I ask, what is the make of car you are driving?" The man replies "Vauxhall " The officer says "Where are you driving from and to?" The man replies "Bramell and Southall The cop asks "And what is in your boot?" The man replies ... "Er.. Nothing "

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@jcrawley95
"Not a fan of chichester so far its a shame I probably saw the best uni first #guildford"

@EllieGarwood
"Love working at Chichester Farmers Market best and most lovely customers and always up for a natter!"

@kaajw
"Fri 31st Aug @ Sainsbury Chichester it is Checkatrade v Sainsury Staff marathon treadmill challenge Pop along to support us please #bizitalk"

@RDCheerandPromo
"We are looking for beautiful girls to work the 14th 16th Sept at the Goodwood Revival Chichester Please contact if you're local&interested"

@Spiltpedlmant
"Loving kiss me Kate at the Chichester festival theatre Actual belly laughs vet cleverly done."

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Pick-up point areas and businesses delivered to include:
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[illegible] really does work... the testimonials Furniture & Mirror based in Terminus Road, say "Whilst a couple were having a coffee in Ellis they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

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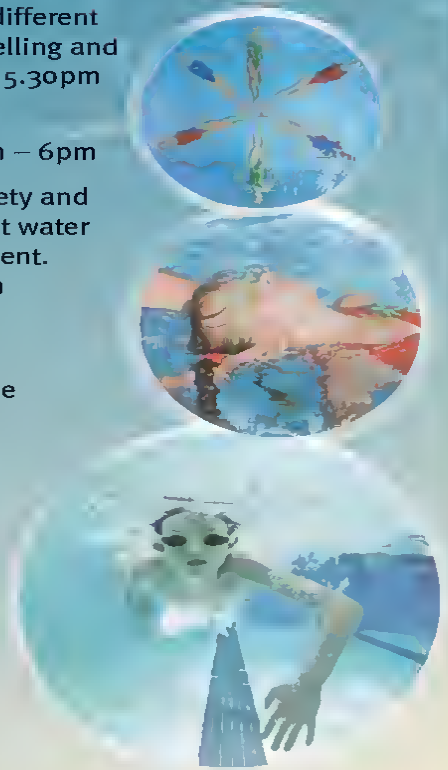

You Tube

Work to be carried out on tree near East Pallant Car Park, Chichester

A PEDESTRIAN exit from East Pallant car park into Chichester will be closed for one day next week while maintenance work is carried out on a tree.

The work will be carried out on the bank holiday Monday (27 August) between 8am – 4pm to minimise disruption.

Users of the East Pallant car park will be able to use an alternative route to reach the city centre via St John's Street, which leads into East Street.

The closure is required due to the type of maintenance work needed on the chestnut tree near Friary Lane. Signs are being put up in the car park to warn users of the closure.

We apologise for any inconvenience caused while this work is being carried out.

Work will be cancelled if there is heavy rain or high winds.

Man left seriously injured following collision

A MOTORCYCLIST was left with serious injuries following a collision on the A259 in Chichester on Sunday morning (19 Aug).

At around 11am the orange and black Suzuki motorbike left the road and collided with a lamp post, leaving the 21-year-old rider from Chichester with serious injuries.

He was airlifted to a hospital in Southampton where he remains.

A Sussex Police spokesperson said: "We are currently investigating the circumstances surrounding this collision and would appeal for anyone who witnessed the collision or who saw the motorcycle on Via Ravenna before to contact Sussex Police.

"The road was closed until 4.45pm while police carried out an investigation. This caused a lot of traffic disruption in the area and we would like to thank the public for their patience and understanding."

Anyone with information is asked to contact Sussex Police on 101 quoting Operation Duffield.

Op Vanquish targets dangerous drivers in Southbourne

TWO CARS were seized for having no insurance and 38 fixed penalty notices (FPNs) were issued by police during a multi-agency road safety check in Southbourne during one day last week.

The aim of the day was to challenge motorists who were using vehicles unlawfully or driving those that were in a dangerous condition. Sussex Police were joined by partners from the Vehicle Operator Services Agency and Department of Work and Pensions for the Operation Vanquish initiative on the A259.

Many drivers were spoken to, leading to the two cars being seized immediately. The FPNs were issued to motorists who were driving whilst using a mobile phone, had no insurance, were not wearing a seat belt or had no car tax.

Sergeant Chris White, from Chichester's Neighbourhood Policing Team, said: "Local residents continue to raise anti-social driving as a concern in this area. These operations prove to be effective and we will continue to disrupt this driver behaviour jointly with our partner agencies on a regular basis."

Crash victim dies

A 79-YEAR-OLD woman who suffered serious injuries in a collision in Chichester on 9 August has sadly died in hospital.

Angela Wilsher of The Drive, Chichester, was involved in the crash at 5.07pm when the silver VW Polo she was driving left Broyle Road and collided with a tree.

She was airlifted to Southampton Hospital but died from her injuries on Wednesday 15 August.

A police spokesperson said: "Anyone who witnessed the collision is asked to contact Sussex Police on 101 quoting Operation Beresham."

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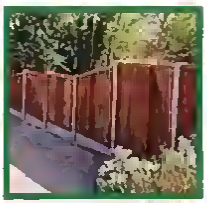

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Chichester one of first in UK to be awarded universities quality mark

THE UNIVERSITY of Chichester's reputation in the higher education sector has been acknowledged with the awarding of a quality mark by the Quality Assurance Agency (QAA)

The University is one of the first in the country to be awarded the mark, a symbol that its academic standards have met the rigorous expectations laid down by the independent agency for standards and quality in higher education.

To be permitted to use the new quality mark, universities now have to demonstrate the high quality of their student learning opportunities through an Institutional Review conducted by the QAA. For the first time, these reviews will include student reviewers.

Chichester was inspected in March and its recently published final report commended what it called 'the University's commitment to the quality of the student experience, through the alignment of institutional strategy, values and culture'. It also praised the design and implementation of the Support and Information Zone, introduced at the beginning of 2012 to provide a one-stop service for all University services to students.

Professor Clive Behagg, Vice-Chancellor, said: "We are delighted to be among the first in the country to be able to display this quality mark, an easily recognisable badge of excellence for UK Universities around the world.

"In an increasingly competitive market, it is important that prospective students are aware of our reputation for delivering high quality education, and this new quality mark is another way to make us stand out from the crowd as a student focussed institution."

Tea party is icing on the cake for Queen's Award recipients

MORE THAN 200 of St Wilfrid's Hospice's volunteers enjoyed a special tea party held in their honour following the announcement in June that they had been selected to receive the Queen's Award For Voluntary Service – the MBE for volunteer groups.

The tea party was held to thank volunteers for their unstinting dedication to the Hospice, which is also celebrating its 25th anniversary.

The idyllic venue was Forbridge in West Dean, by kind permission of owner, John Mackerson.

During the afternoon guests enjoyed Buck's Fizz and nibbles while the Queen's Award itself was on display for all volunteers to view.

To be eligible to receive the Queen's Award a group of volunteers should do work that provides a service and meets a need for people living in the local community, is supported, recognised and respected by the local community and the people who benefit from it and is run locally.

A [illegible] cake was cut by longstanding Hospice volunteers [illegible]. They have been volunteering since 1987 and in June celebrated the Golden Wedding Anniversary asking for donations to be made to the Hospice instead of presents.

Hospice of course but also at the shops and through support group activities.

"The award is a tribute to everyone involved with the Hospice and I would like to thank the staff who support the volunteers in so many departments.

"Of course this award is particularly special during the 25th anniversary year of St Wilfrid's. We should remember all the volunteers who have supported our work over the years and consider this award a tribute to the memory of them all, as well as inspiration to all who will join as volunteers in future."

The Hospice is always looking for new volunteers. See www.stwh.co.uk for details about the variety of roles on offer. Contact Emma Clark, HR Admin and Volunteer Service Leader on 01243 755815 or email emma.clark@stwh.co.uk

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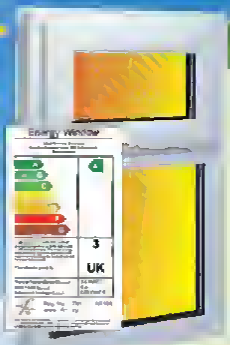

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Young Parent Duke of Edinburgh Award 2012

THE YOUNG Parent Programme was established in 2008 as a joint venture between Chichester Nursery School Children and Family Centre and Chichester Youth Development Support Services. In the four years it has been running, it has reached one hundred and two young people and achieved several positive outcomes.

Caroline Perrin from the Chichester Children and Family Centre says that it aims to 'engage young parents, introducing them and their children to the Centre, empowering them to access local services while supporting both their role as parents and young people'.

In 2012, the young parents embarked on a pioneering venture and were the first young parents to complete the Duke of Edinburgh Bronze award with their children. The D of E was founded in the 1960's as a rewarding yet challenging programme for young people aged 14-25 and is a nationally recognised award.

In order to achieve the accolade, participants are required to partake in four sections: volunteering, learning a new skill, physical activity and finally, a two day expedition. The young parents embraced the challenges of the award and were excited to have the opportunity to be the first participants in West Sussex.

Helen Rudgwick, mum to Rhys, was especially keen to 'challenge the preconceptions that people have about young parents by achieving something positive'. The young parents undertook a variety of new skills for example attending swimming and sensory classes with their children, as well as volunteering in a number of roles within the local community. Prior to the final expedition, the young parents completed a trial run where they walked along Centurion Way and camped out with their children at the Children and Family Centre. Their efforts were rewarded when they had the honour of being invited to meet HRH Prince Edward and the Countess of Wessex for lunch to discuss their achievements.

Eight young parents and their children attended the final expedition on the 13th July at Avon Tyrell in the New Forest. They were required to plan a route and walk for 6 hours per day, while navigating their own journey using a map, all while attending to their young children. The young parents also erected their own tents and prepared their meals on a trangia, while being evaluated by Claire Mathieson, the Duke of Edinburgh assessor. As Claire explains 'the award requires commitment and dedication - completing it is a huge accomplishment and has helped the young parents build their confidence and skills'. The young parents were able to examine their own strengths and those of their peers during the two day trip, while working together as part of a team. Despite the wet weather and physical exertion, the participants thoroughly enjoyed the experience and are keen to progress further, Amy Edwards, mum to Daniel and Kaylem, enthused that she 'definitely wants to do the silver award'.

The Young Parent Programme is delighted with the success of the current Duke of Edinburgh Bronze Award and hopes to continue supporting any further DofE ventures. The programme emphasises the importance of the child's needs being paramount whilst remaining a forum where young parents feel comfortable building upon their existing knowledge and prospects.

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www.westdean.org.uk

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10.30am – 5.00pm Sunday and Monday

Admission:
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Children £1

WEST DEAN GARDENS

Illustration by Rachel Sim
Short Course Tutor at West Dean College

Let's look at Bowel Symptom Awareness.

Don't just sit on your symptoms.

The next wave of the National Awareness and Early Diagnosis Initiative (NAEDI) will begin on the 28th August 2012.

The role of NAEDI is to alert people to the important symptoms of bowel disease.

New and Persistent Symptoms to be aware of:

- **Loose poo**
- **Blood in your poo**
- **Change in bowel habit to loose stools for more than three weeks**

If you have any of these symptoms and would normally choose private treatment, why don't you come and see a specialist at the Nuffield Health Chichester.

Nuffield Health Chichester offers Specialist Consultation, Flexible Sigmoidoscopy and Colonoscopy.

Ask your GP about a referral, or call today on 01243 530 600
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hospitals

Festival Quirks

Mia Edwards

AS MUCH as I love festivals (she said knowledgably having only been to two in her lifetime) some of the stuff that goes on there is just weird. For a start, when did cigarettes become flags that you casually wave around at performances? They were used as some kind of horn that you put in your mouth to show how good you thought the acts were, and were then slowly swayed above the audience, as if the fact that you had one made you a superior fan or something.

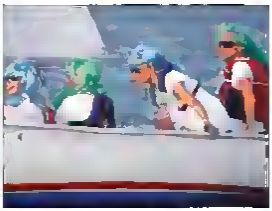
Then there's the dancing. We all dance at festivals, you'd be stupid if you didn't. But some guy was sort of wobbling his head with his eyes closed, like it was an egg balanced precariously on a spoon. As it happened, the band that we were watching was quite bad so for most of the time we just watched him. Not that he noticed. He was getting quite into it.

There was also this unsaid rule that most people were friends. This sort of about five people in front of us introduced themselves to each other during a performance and then were suddenly all chummy. Two of them were blondes and kept talking about how awesome each others' hair was ('omg your hair is like so flicky? We uld it be weird if I prodded it? Omg it's so, like, springy!') And my cousin and I came to the conclusion that by the end of the set they would have gotten off. Which they had. They genuinely bonded over their hair and then decided that they should therefore bond a little more. Festivals eh.

What were most annoying were the families with young children. I get that they are more early risers than anything else, but seriously? We're at a FESTIVAL. We don't sleep at the times you do, so would it be impossible for you to not talk as loud as you possibly can in the morning? It was like we were being punished for not being parents, like they were purposefully trying to wake us up because they could no longer stay up in the evenings. I wouldn't have minded if they were speaking at a normal volume – they'd just be chatting over breakfast, that's obviously acceptable. I got all stressy in the mornings as it was.

To be honest, though, I fricking loved all of it. I loved how different it was there. I accepted all the crazy – it made everything more hilarious anyway.

Charity yacht race organisers make an 'Olympian' effort to raise more money for hospice



FOR THE ORGANISERS of the 11th St Wilfrid's Hospice Nab Challenge to be held on Saturday, September 22, it will be all hands on deck for a truly Olympian effort to exceed the record amount of money raised by last year's event.

Organised by the Ion-Shore Cruising Club and sponsored by Chichester based boiler distributor, ATAG Heating UK, this popular event has now raised over £125,000 for the Hospice.

The organisers will be hoping that massive interest in sailing, created by the success of Team GB's sailors in the Olympics, will inspire and encourage more competitors to take part in this year's challenge and raise contributions to the Hospice to even higher levels.

The race itself offers competitors a great day's racing, which is fun, safe and something the whole family can enjoy. The Challenge takes place over a 12 nautical mile course from a start line just outside Chichester harbour, around the Nab Tower and back and attracts entrants from sailing clubs throughout Sussex and beyond.

"Plans are well advanced for this year's event", said ISCC spokesman, Patrick Doyle. "We are keen to attract as many entrants as possible and have started leafleting local yachting clubs to raise awareness and drum up support.

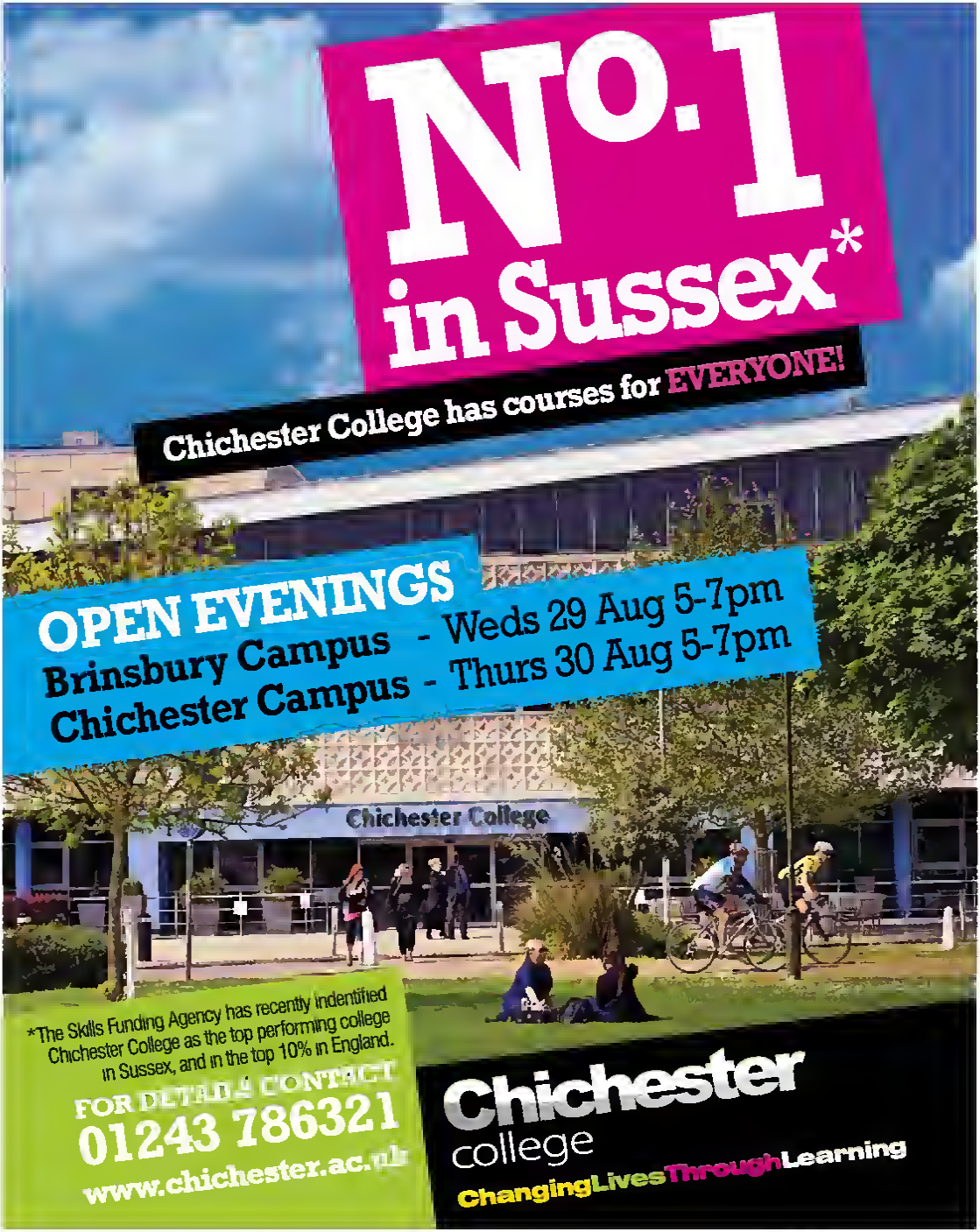
"There is a nominal entry fee of £20 per boat and entrants can get any number of people and organisations to sponsor them and their crew.

"With on board facilities for making contributions, we have made it as easy as possible to make donations."

The Hospice, which provides specialist palliative care for people suffering from cancer, Motor Neurone Disease and other terminal illnesses, has annual running costs of £5.1m, with only 15% of this funded by the NHS. Contributions from the Ion-Shore Cruising Club and other local support groups are vital to ensure that it continues to provide this important service to the local community.

Since opening in 1987, it has cared for over 10,000 local people and at any one time provides care for 210 patients while offering support to their families and friends.

For further information on how you can participate contact Patrick Doyle on 07801 819884.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'Tally-Ho' for the RAF Association and local artist

CHICHESTER Sculptor Gregory Percival has had an edition of his latest Sculpture 'Tally-Ho' accepted for sale in the Bonhams Auction at the Goodwood Revival this year

This particular Sculpture, offered to the RAF Association Wings appeal, is the very first artists proof and will be auctioned with all the proceeds going to RAFA.

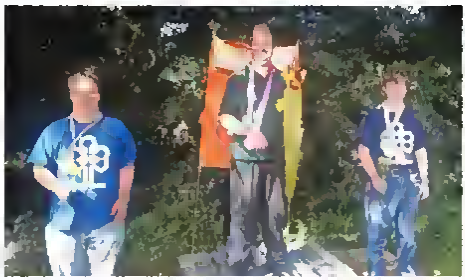
The solid hand cast bronze Spitfires are each individually polished and patinated with a wingspan of 18cm. The original sculpture of the Spitfire took me 2 weeks to craft then I made moulds to cast waxes from to send to the foundry for lost wax investment casting.

The base is cast by hand from my moulds using 5 kg of glass clear casting resin then four days of final finishing and polishing. The original base sculpture took me 5 weeks to complete and is made from wood and sculpting clays to achieve the flow of air I needed I believe that I have created a very unique piece here with my intention of keeping a kinetic/moving sculpture showing the flow and excitement of flight.

This piece is in honour of the brave pilots who flew so gallantly during the second world war and offers a snapshot of Douglas Baders Dogsbody aircraft flying from RAF Westhampnett (Goodwood Airfield) in July 1941

Four Spitfires of Douglas Bader, Alan Smith, Johnnie Johnson and Cocky Dundas following the call of Bader... 'Tally ho'

Olympics Fun for Athletic Aldingbourne



Pictured: Gary [illegible] Tom Hoskowein (Silver)

THE ALDINGBOURNE Country Centre embraced the Olympic spirit that has swept the country as clients and staff at the Centre held their very own 'ACC Olympics 2012

Aldingbourne clients and staff enthusiastically got involved in eleven activities and took part in traditional Olympic events such as discus, long Jump and the 100 meters as well as slightly more unique events 'bean bag toss' quoits and penalty shoot-outs

There was plenty of cheering and encouragement that would have rivalled the noise in the London Olympic Park a couple of weeks ago. The winning participants for each event were awarded gold, silver and bronze medals in a medal ceremony, experiencing that elated feeling of winning an Olympic medal.

Kim Tilling, Vintage and Group Support at Aldingbourne, said "It has been wonderful to feel the national spirit of celebration at the Aldingbourne Country Centre, it has helped to fill the void between the Olympics & the Paralympics. We have been the "generation" inspired

The Aldingbourne Trust is a West Sussex charity that supports adults with learning disabilities. The Trust runs projects across their various West Sussex sites that encourage a learning environment. This helps the clients to have the same opportunities as everyone else to live independently and develop skills to gain employment. The clients enjoy a mix of working and training at their projects, as well as socialising at events such as the ACC Olympic Games – where they can have a bit of fun and a laugh

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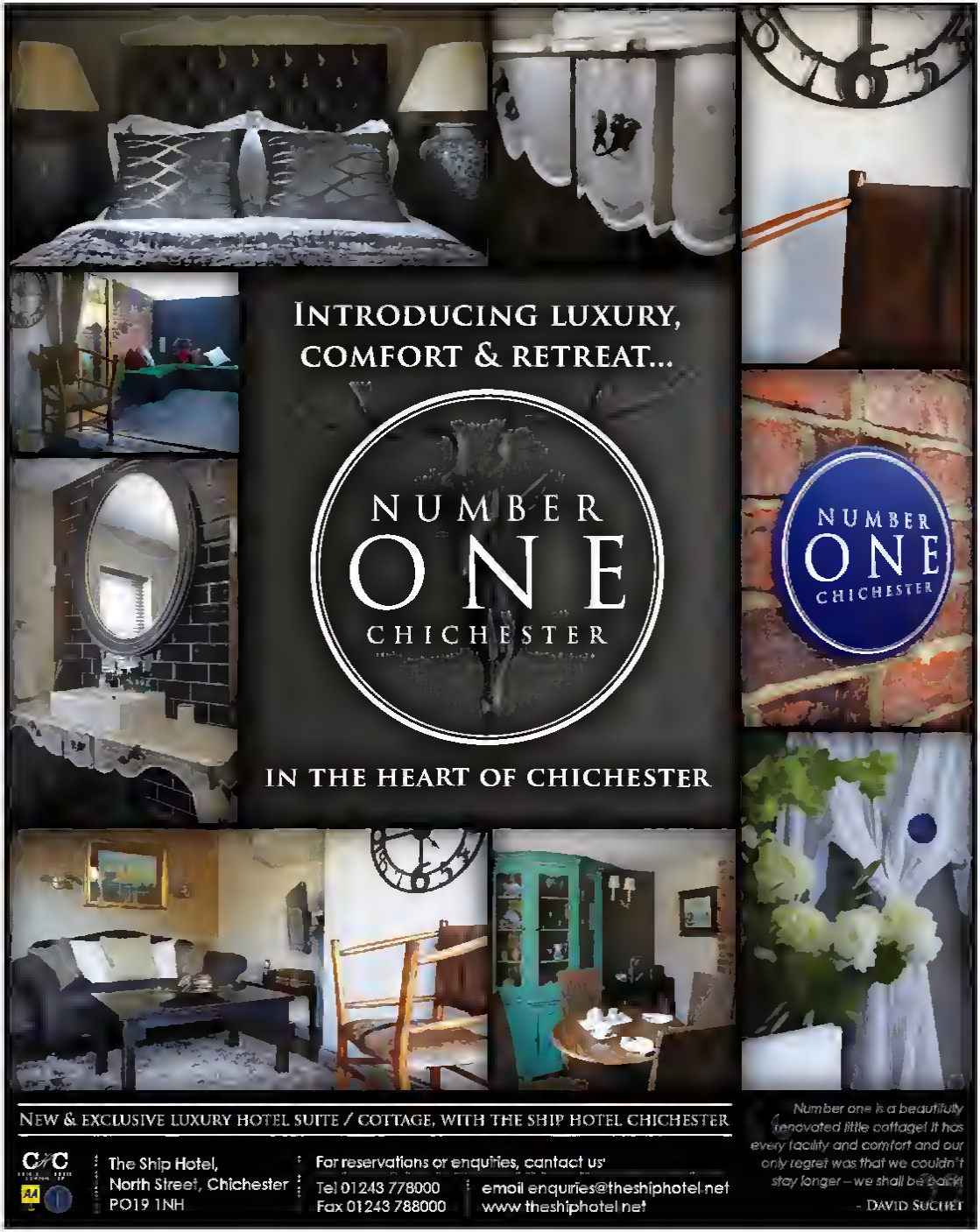
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Number one is a beautifully renovated little cottage! It has every facility and comfort and our only regret was that we couldn't stay longer – we shall be back!
- DAVID SUCHET

A splashing time in Arundel

ORDINARY household bath tubs became river worthy wacky racers when 30 teams comprising 102 competitors set sail in The Arundel Festival Bath Tub Race last Sunday.

Racers started at The Waterside Tea Garden & Bistro before rounding a buoy and returning to The Waterside to complete the 2 mile course.

Crowds estimated at 4000 people lined the banks and enjoyed picnics in the sunshine whilst browsing craft stalls and watching the biggest event in The Arundel Festival. Not a single car parking space was left anywhere in Arundel!

Teams included Babies in romper suits, Bamusementime in fluorescent 80's style dance outfits (BAM Nuttall Civil Engineers), Spirit FM's Milly Luxford (presenter) & Emma (news team) dressed as a Lion and Witch with a bath wardrobe, International Rescue in Thunderbath 4, Pirates, tropical Jungle Belles and Boaz and Knights in Shining Armour + the Dragon!

Event organiser, Martin Harvey, said "I have organised the event for 12 years but due to tide times, this is the first time the event has coincided with the Arundel Festival. It was great to have the support of the Festival Committee and town centre businesses..such as Sparks Yard, The Red Lion and The Eagle.

"The standard of boat building and fancy dress was exceptional this year. We even had the very first truly amphibious entry! Two baths side by side could be pedalled down the bank before launching, then using water wheels as propulsion. It was however called HMS Sinking and certainly attempted to live up to its name.

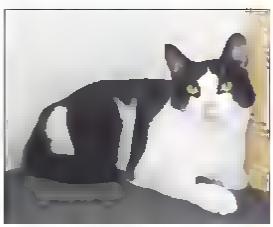
"Several teams took a ducking, and The 1001 Club from London rolled over repeatedly before deciding their vessel worked best upside down!

"The huge crowd and glorious weather really added to the carnival atmosphere. It was a very colourful day in a beautiful setting with the Castle in the background. I am proud to be guardian of such a typically British eccentric event.

"I would like to thank Felpham Sea Scouts and The Waterside Bistro for supplying the Safety Boats."

(Photo: Colin Dearlove) A busy Ferrybank enjoys the festival. Inset: (Photo: Colin Dearlove) Spirit FM's Milly Luxford and Emma.

Please find me a home



LAST YEAR 674 cats and kittens were taken in and 573 were rehomed. Fortunately less than 2% have been there for more than a year and are still looking for that forever home, here are just some of them.

Cats looking for a home:

• KM98-11 (Lennon) is gentle with a silky black coat, and has been waiting for 15 months. Friendly and used to strokes and cuddles.

• Blanche is a 2 year old soft black cat with grey marks who likes to be stroked, groomed and purrs a lot. Still waiting after 2 years for someone to choose her. She gets on well with her friend, KM20-11 (Flip) a handsome black and white boy also waiting for almost 17 months. They can be a little nervous, so quiet home(s) would be best.

Cat and Rabbit Rescue Centre

• Two affectionate, friendly sisters KF174-11 (Mouche a black female) and KF175-11 (Moody white with black paws) would love a home together or seperately.

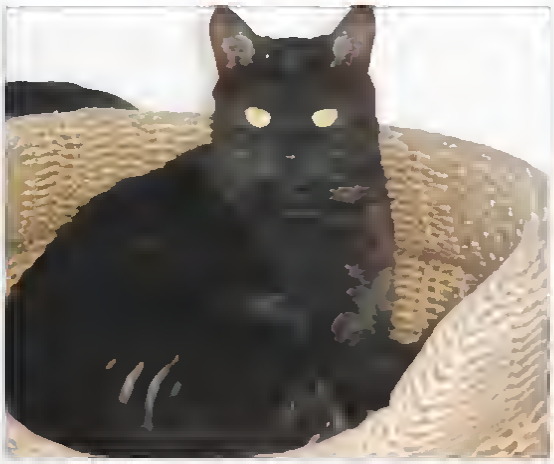
• Twin black and white, friendly playful brothers KM196-11 and KM197-11 have been waiting nearly a year, and can be rehomed together or separately.

• Four lively, friendly 5 month old kittens who love to play, and came into rescue due to a bereavement. KM40-12 and KM42-12 are black and white males. KF41-12 and KF43-12 are black and white females.

Can you give any of them the opportunity to chase butterflies this year?

The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply.

Cats will have been vaccinated against flu and enteritis, neutered, and microchipped. Free vet insurance for 4 weeks is provided. The Rescue asks for a minimum donation of £45 for each cat and if unneutered £70, which includes vaccination, microchipping, and neutering at The Rescue.



Pip (left) and Blanche, [illegible] cats that are in desperate need of a new home.

Visits to Cat and Rabbit Rescue Centre are strictly by appointment, (except on 4th Saturday of each month when a cat rehoming session occurs, next one is 25th August 12.00- 2pm) Tel: 01243 641409

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

Aldingbourne Country Centre

Support Change Live Life Change Lives

A GREAT FAMILY FUN DAY OUT

NEW FOR SUMMER 2012 MINI GOLF & REMOTE CONTROL CARS!

Like the idea of supporting a local charity by having a great family fun day out by getting up close to farm animals; enjoying woodland walks; experience a round of mini golf and have a go on the remote control cars and more, then the Aldingbourne Country Centre is well worth a visit this summer.

DATES FOR YOUR DIARY

Sunday 19th August & Saturday 25th August

Junk Modelling

10am – 3pm

EAT, DRINK AND SHOP

In the newly refurbished licensed cafe you'll find an appetising menu using fresh, local produce. Enjoy some retail therapy and feel good that the money you spend is going to a wonderful cause. Crafts, handmade cards, ceramics, jewellery, toys, carvings and more; or why not take away a selection of seasonal fresh vegetables grown on site. Not forgetting a wide range of spring, bedding, patio and basket plants.

EARTHWORKS SUMMER WORKSHOPS

• CHILDRENS CLAY WORKSHOPS

These creative workshops give children the opportunity to have fun modelling clay while learning the basic techniques of coiling, slab work and pinch pots. In a themed workshop children are encouraged to use their imagination to create individual handmade pieces. Sessions run for 1 hour Aged from 4 years £7 per child includes all materials, tuition and a bisque firing. Children can book a further session to glaze if desired. Saturday 18th August Book in advance at **earthworks@aldingbournetrust.co.uk** or call **01243 542075**

• WOODLAND AND NATURE TRAILS; JOURNEY STICKS AND WOODLAND GAMES

Take a journey through our woodland collecting natural items, playing games and learning facts and finish the session by creating a piece of artwork. Sessions run for 1 hour Running daily at 2pm - 3pm Age 3 - 6 years (accompanied by an adult) and 3 30pm - 4 30pm Age 7 - 11 years Monday 23rd July - Friday 17th August. Monday 20th August - Friday 24th August £3 per child.

To book workshops call 01243 545033 or email shop@aldingbournetrust.co.uk

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Chichester Business

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Local businesses are nominated for the prestigious Drapers Fashion Awards

CHICHESTER FASHION retailers Dartagnan Menswear and Pushka Fashion have just been announced as the lucky nominees for the Premium Independent Retailer of the Year and Young Fashion Retailer of the Year categories of this year's Drapers Fashion Awards. Celebrating the very best in the fashion industry, to be nominated for such an award is an incredible honour and signifies that Chichester is at the top of its game in the fashion retail industry.

Dartagnan is an exclusive men's designer boutique owned by self-confessed designer clothing addict, Matt Horstead. Having purchased the business in 2002, the idea was to turn Dartagnan into a designer clothing destination boutique in a quirky, unique and interesting environment.

A family business, Pushka Fashion Boutique is run by husband and wife team, Heidi and Phil Campbell. They endeavour to bring a relaxed friendly service to their ladies clothes boutique with honest advice and styling tips. They source gorgeous yet affordable ladies clothes and women's evening wear.

Drapers are the market leading fashion trade magazine and a key resource for the UK fashion industry. The Drapers Fashion Awards recognise and celebrate the very best in the fashion industry, having been selected across a range of categories by a panel of experts.

For the first time ever the Drapers Fashion Awards nominees have been announced via Twitter in a bid to reach out to a wider audience and engage more with their followers. This year was even more competitive as well with an over 30% increase in the number of entries for the Drapers Fashion Awards compared to last year.

Owner of Dartagnan, Matt Horstead, said: "Recognition after 14 years of blood sweat and tears and sleepless nights! Wonderful news for the staff and I. It is such a great feeling, even to be shortlisted, amongst the competition and mentioned in the same bracket as all of them is as good as it gets."

Whether they win will be decided by a group of this industry's top experts and announced at the prestigious Drapers Fashion Awards ceremony on the 21st November at the Grosvenor House Hotel in London.

For more information about the Drapers Fashion Awards 2012 visit www.drapersawards.co.uk and go to Twitter #DrapersAwards and @Drapers_Awards.

Stars Shine brightly over Chichester based Carte Blanche Greetings

CHICHESTER based character brand company, Carte Blanche Greetings, is delighted to have made the finals in the card industry's prestigious Henries Awards.

The UK leads the world in greeting cards, both in design and per capita spend and The Henries Awards celebrate this pre-eminence.

The ultimate accolade in greeting card publishing, each year over 14,000 cards are entered, with just a few laying claim to the revered 'Finalist' status.

Carte Blanche Greetings has been nominated for 'The Best Service to the Independent Retailer Award' and faces stiff competition from brands such as Hallmark and British Greetings.

The nomination is the result of an extensive poll of Progressive Greetings independent readers in which they were asked them to name their top three suppliers who they felt had excelled in the service front over the last year.

Carte Blanche Greetings' CEO, Alister Marchant, comments: "We're thrilled to have been nominated for the award, which is testament to the hard work and dedication of all our staff, both in the office and out on the road, all of whom

do a tremendous job to ensure that our standards of service exceed our customers' expectations."

Winners will be announced at a glittering award ceremony in London's Lancaster Hotel on 4th October - all fingers (and toes) in the Chichester offices remain firmly crossed!

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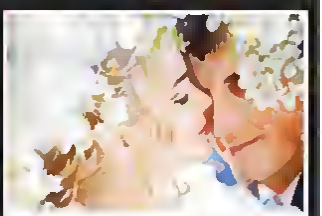

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Chichester Business

Student entrepreneurs given helping hand by University competition

FOUR GROUPS of student entrepreneurs have been given a boost by the University of Chichester after winning financial and business support in a competition.

The annual Student Entrepreneurs Competition is an opportunity for entrepreneurs to pitch their business ideas in order to win funding to develop them.

City Wall Productions, Bumstart Chalkbags, the Box Tracy Theatre Dance Company and Cardinal Sin all won £500 and business support from the University after coming through two rounds of judging.

The four finalists were the winners of the first round, collecting £250 to spend on developing their business ideas. Uses included hiring of rehearsal space, buying materials and formally registering companies.

The effective use of the initial funds by all of the finalists impressed the judges, meaning they took the unusual step of naming them all as winners. The prizes were presented by Hannah Bendall from Kephca Dance Company, one of the winners from last year's competition and, with her business partner Thomas Pickett, was the first student company to have tenancy in one of The Dome business incubation units.

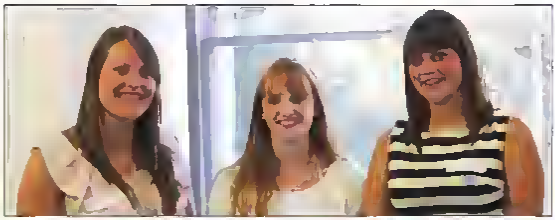
Cathy Allen, Business Enterprise Co-Ordinator at the University of Chichester, said: "Our competition has two stages. The first stage aims to evaluate the business idea for commercial viability and the second develops this through to an initial business model using the Business Model Canvas.

"The judges were impressed with four entrants and unanimously decided to award prizes so that they all received financial and business support for their ideas."

Business profiles:

• City Walls Productions is an arts initiative providing a range of tailored musical packages for all occasions, including weddings, functions and festivals. The core team has five professional musicians, all graduates of the University of Chichester with experience in performance, marketing, hosting and event management. They can provide music for all tastes, ranging from fully staged chamber operas to live jazz bands, string quartets, and rock and pop.

• Bumstart make a variety of chalkbags



Recipients from Bumstart Chalkbags pictured with Hannah Bendall

for climbers, bringing to life the design ideas of the climbers themselves. The chalkbags are made from as much recycled fabrics and materials as possible, such as old clothing or broken outdoor gear like tents.

• Box Tracy Theatre Dance Company was co-founded by Valerie Watkinson and Nuxx Stropp Freeman, who met while studying dance at the University of Chichester. While undertaking post-graduate study, they are looking to provide workshops to schools, colleges and universities around the south of England, engaging students with theatre dance, and experimenting with text, props and movement.

• Cardinal Sin is new clothing brand for the young and trendy gentleman, currently at prototype stage. The business developed out of its founders realising they didn't like the clothes now on offer, so they thought about developing a brand of clothing for people like them, seizing a niche in the market with a style that captures the attention of the young fashionable man.

» ***Chichester Herald*** is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

Additionally, every business in the city centre receives a copy every Friday.

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Brave (PG)

FOUR out of Five stars

Running time: 100 mins
Director: Mark Andrews, Brenda Chapman
Starring: Kelly Macdonald, Billy Connolley, Emma Thompson, Julie Walters, Robbie Coltrane, Kevin McKidd, Craig Ferguson

Beautifully animated and brilliantly written, this is a hugely entertaining, properly magical adventure that's up there with the best of Pixar and is by turns thrilling, laugh-out-loud funny, genuinely surprising and deeply moving.

What's it all about?

Co-directed by Mark Andrews and Brenda Chapman, Brave is set in mythical 10th century Scotland and centres on Merida (Kelly Macdonald), the feisty flame-haired daughter of one-legged King Fergus (Billy Connolly) and Queen Elinor (Emma Thompson). Her parents are anxious to marry her off, as per tradition, to the sons of one of three lords of the land - massive Lord MacGuffin (Kevin McKidd), wild Lord Macintosh (Craig Ferguson) and grumpy Lord Dingwall (Robbie Coltrane). However, Merida has other ideas and after defeating all three of her suitors in an archery competition, she has a furious argument with her mother and flees into the forest.

When she follows a trail of will-o'-the-wisps, Merida finds an enchanted cottage where an old woman (Julie Walters) offers her a cake that will "cause the queen to change." Needless to say, this all goes horribly wrong and Merida unwittingly unleashes an ancient beastly curse on her mother, meaning that she'll have to use all her wits and resourcefulness to protect her until she can find a way to reverse the enchantment before it's too late.

The Good

The characters are extremely likeable and the voice work, as ever, is superb. Kelly Macdonald channels her inner-teenager to wonderful effect and her interactions with both her parents feel completely convincing. Thompson is equally great as Elinor and Connolly is rather wonderful as one-legged, bear-hating Fergus, while there's strong comic support from the likes of Ferguson, Coltrane and McKidd, who also contributes an authentic Doric accent as the incomprehensible son of Lord MacGuffin.

Needless to say, the animation is utterly gorgeous throughout, particularly as Merida's wild, untameable ginger hair, which is practically a character in its own right. Similarly, the detailed forests and landscapes look gloriously stunning, thanks to extensive research work by the production team, while the character designs are utterly charming, not least on Merida's three rambunctious younger brothers (who don't speak).

The Great

The script is packed with great dialogue (helped enormously by an authentic Scottish cast) and delivers a steady stream of terrific sight gags and one-liners alongside a pleasingly empowering central message. It also builds to a finale that is powerfully moving. In addition, the set pieces are genuinely thrilling (especially Merida's first ride through the forest) and the 3D effects are used well, most notably on the archery scenes. There's also a terrific soundtrack with some great songs that have Oscar nominations written all over them.

Worth seeing?

It's become something of a cliché to say that Pixar have done it again, but, well, they have. Brave is a hugely enjoyable, beautifully animated adventure that's a treat for the whole family. Highly recommended.

PIXAR'S 'BRAVE' COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. WHICH PROFESSION SHOT BILLY CONNOLLEY TO FAME?

A) ACTIVIST

B) DANCER

C) COMEDIAN

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 28th August at midday. The winner will be notified later on that day.

• Last weeks winner is Danielle Perry, from Chichester

cineworld

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

Hospice takes a stroll through history with its 'vintage affair'

ST WILFRID S HOSPICE is bringing together its vintage donations and holding a fantastic event in aid of its 25th Anniversary

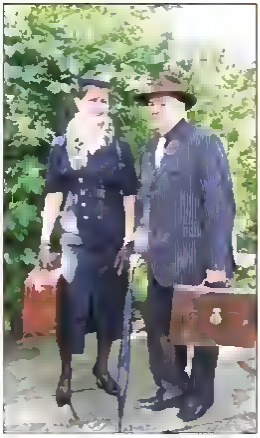
A Vintage Affair' is being held at the Assembly Rooms, North Street Chichester on Friday, 31st August, 10am-4pm. It is open to anyone and whether you have a real passion for vintage items or are visiting the Goodwood Revival there will be something to catch your eye Entry costs £2, which includes entry into a vintage raffle We will be selling clothing, accessories, bric-a-brac, retro toys and games, records and many more collectables

Hospice staff and volunteers will be getting into character and dressing up in fantastic outfits from the 1940s 1950s, 1960s and the 1970s We will also be offering musical delights from Dawn s Vintage Do, The Ray Sax Quartet and the Hospice Ukulele Band

Why not take a seat amongst pretty mismatched crockery in our tea room and enjoy some delicious homemade cake washed down with a cup of tea?

The vintage market has been booming and St Wilfrid s don t want to be left behind We have previously held an annual vintage event in our South Street shop however this year we wanted to go all out and really celebrate this thriving trend

Siobhan Robinson, Trading Manager at St Wilfrid s Hospice, said "We are



delighted with the variety and quantity of vintage goods that have been donated to us this year, from fantastic clothing and accessories to great

Bric-a brac and collectables from every era. It really is a trip down memory lane This year s Vintage Affair promises to be the best the Hospice has held so far"

The Earl of March is five years old

LAVANT'S PUB, The Earl of March, run with great flair and imagination by Giles and Ruth Thompson, celebrates its fifth year of opening with Five Festivals celebrating local Sussex and Hampshire food

Giles the past executive head chef of the Ritz Hotel, London took on the challenge of re-opening the village's only pub in 2007 just north of Chichester to great acclaim Recognised locally, regionally and by the major guides in a few short years, the emphasis is on local produce cooked with simplicity and honesty Giles wishes to thank all those who have supported the pub during these five years by creating the Five Festivals as a celebration of the pub and its part in the community The food is 100% local as well as just down the road sparkling wines and ales

The Five Festivals kicked off with LobsterFest, a feast of Selsey lobster paired with Tinwood Estate fruit, from Halnaker, an English wine just down the road from Lavant on Saturday (18 Aug) The next events are

- Saturday 1st September – "Oysterfest" – 12 – 6 pm – Oysters, Mussels – sparkling cider and English white wines
- Saturday 22nd September – "Gamefest" 12 till 6 pm – celebration of partridge/ venison and local Ales
- Saturday 10th November – "Pumpkinfest" 12 till 6 pm pumpkin carving & pumpkin chucking competitions
- Thursday 22nd November – "Thanksgiving" 7 till Midnight Carve your own Turkey' Book or share in tables of 10

'MORE NOURISHING ORAMA FROM A TRULY GUTSY PLAYWRIGHT - PENELOPE SKINNER IS OUR LEAOING YOUNG FEMINIST WRITER'
THE INDEPENDENT, AUGUST 2012
THEATRE ON THE FLY
FRED'S DINER
By PENELOPE SKINNER
WHAT THEY'RE SAYING ABOUT THEATRE ON THE FLY:
★★★★★
'MARVELLOUSLY ENTERTAINING'
THE DAILY TELEGRAPH ON PLAYHOUSE CREATURES
★★★★
'DAZZLING INGENUITY'
THE DAILY TELEGRAPH ON BLUE REMEMBERED HILLS
★★★★★
'THRILLING, CREATIVE, POWERFUL'
REMOTE GOAT ON BLUE REMEMBERED HILLS
WORLD PREMIERE NOW PLAYING - 2 SEPTEMBER
01243 781312 CFT.ORG.UK/TOTF
50
CHICHESTER FESTIVAL THEATRE

SATURDAY'S TV 25.08.12

CHOICE

Katie Derham

BBC Proms 2012
BBC2, 8pm

It's easy to classify 19th-century theatrical duo Gilbert and Sullivan's works as comedies. However that viewpoint fails to take into account the fabulously dark operetta The Yeomen of the Guard, which is performed here in a partial staging from the Royal Albert Hall in London. Jane Glover conducts the BBC Concert Orchestra and BBC Singers through the piece, which features baritone Leigh Melrose as Lt Sir Richard Cholmondeley, alongside tenor Andrew Kennedy, soprano Lisa Milne and mezzos Victoria Simmonds and Felicity Palmer. Katie Derham presents.

BBC1

6 00 Breakfast. **10** Ill Saturday Kitchen Best Bites **11 30** Livin na's Fast Fresh and Easy Food. (R) **12 00** BBC News. Regional News. Weather **12 15** Football Focus. **1.00** Jessica Ennis, Golden Girl. **1 30** English Olymp e Dreams. **2 00** Live Challenge. Cup Rugby League Final: Leeds Rhinos v Warrington Wolves (Kick-off 2.30pm). With commentary by Dave Woods and Jonathan Davies and analysis by Brian Noble and Ian Millward. **5 00** BBC News. Regional News. Weather. **5.20** All Nine Yet.

Ill Pirates of the Caribbean: The Curse of the Black Pearl (2003) A rogue capta n and a blacksmith set sail to rescue a governor's daughter from fearful supernatural pirates. Swashbuckling fantasy adventure, starring Johnny Depp and Orlando Bloom.

8 30 The National Lottery: Secret Fortune. High-tess na quiz show presented by Nick Knowles in wh ch contestants have the opportunity to win £100,000.

9 20 Casualty. A baby s condition suddenly deteriorates and it is left to Tam to revive her. Tamzin and Jeff attend to a hip dancer who has collapsed, and Sam attempts to unravel a mystery.

10 10 BBC News. Weather

10 30 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including Chelsea v Newcastle United at Stamford Bridge and Manchester United v Fulham at Old Trafford. National Lottery Update.

12 00 The Football League Show
1 15 Weatherview **1 20** BBC News.

BBC2

6.00 CBeebies. **7.00** CBBC. **12.00 Film: Homeward Bound II: Lost in San Francisco.** (1996) **1.25** Film: Gymnast (2011) Documentary following gymnasts training for the 2008 Olympics. **2.55 Film:** Tara Road. (2005) Drama, starring Andie MacDowell and Olivia Williams. **4.30** Final St. **5.15** Coast. (R) **5.45** The Hairy Bikers' Food Tour of Britain. (R)

6.30 Flog It! James Lewis and David Fletcher view items at the Palace Theatre in Kilmarnock, East Ayrshire, where Paul Main visits the only factory in the world still making Nottingham lace. (R)

7.30 Dad's Army. The ARP wardens' HQ is bombed forcing them to rub shoulders with the Home Guard in the church hall. Comedy starring Arthur Lowe, Bill Pertwee and John Le Mesurier. (R)

8 00 BBC Proms 2012. From the Royal Albert Hall. Jane Glover conducts the BBC Concert Orchestra and BBC Singers in a production of Gilbert and Sullivan's operetta The Yeomen of the Guard.

10.30 TOTP2. Mark Radcliffe introduces archive performances by Fine Young Cann bals, Barbinger, Kriss Kross, Elvis Costello, Louisa Sedral and Cyndi Lauper. Last in the series. (R)

11 30 Film: Before Sunrise. (1995) An American and a Frenchwoman meet by chance on a train and form a close bond during a day in Vienna. Richard Linklater's romantic drama, starring Ethan Hawke and Julie Delpy.

1.10 Film: Once. (2006) **2 30** Close.

ITV1

6.00 CITV: Mini CITY. **7.20** CITV **8.25** Saturday Cookbook. **8.25** ITV News. **9.30** The Jeremy Kyle Show. USA. **10.25** The Jeremy Kyle Show. USA. **11.20** The Real Housewives of New York City. **12.20** The Real Housewives of New York City. **1.20** ITV News. Weather. **1.25** The Hill Factory: The Stick Addict & Waterman Story. (R) **2.25** Countrywise. (R) **3.00 Film: A View to a Kill.** (1985) **5.30** Personal Ads. Programme. Weather. **5.40** ITV News. Weather.

6.00 You've Been Framed. **Extremal** Harry Hill narrates a selection of some of the most extreme clips filmed by viewers, featuring various trampoline tumbles and a bike rider enduring an uncomfortable landing. (R)

1 00 Red or Black? Including target practice with football stars Darren Bent and Bobby Zamora.

1 45 The X Factor. Spice Girl Mel B joins Gary Barlow, Tulisa and Louis Walsh at the Manchester auditions, where more aspiring pop stars take to the stage. Dermot O'Leary hosts.

9 00 Red or Black?

9 45 The Jonathan Ross Show. Suranne Jones talks about her comedy A Touch of Cloth. Ray Winstone discusses his new film The Sweeney and Formula One ace Jenson Button also drops in.

10 45 ITV News. Weather

11 00 Film: Duplicity. (2009) Thrills, starring Julia Roberts and Clive Owen.

1 15 The Store. ITV News Headlines **3 00** In Pla n Sight. (R) **3 55** ITV Nightscreen **5 30** ITV Morning News.

CHANNEL 4

6.00 The Hundred. (R) **6.25** British Formula Ford Championship. **6.55** BG Energy Challenge. **7.25** The Grid. **7.55** The Morning Line. **8.55** T4: V Festival 2012. The Best Bits. (R) **9.25** T4: iTunes Festival 2012: Preview. **9.45** T4: New Girl. **10.15** T4: Revenge. **11.15** T4: Scrubs. **12.05** T4: The Big Bang Theory. (R) **12.55** T4: Summer Dash. **12.25** T4: The Big Bang Theory. (R) **12.55** T4: The Big Bang Theory. (R) **1.20** T4: The Simpsons. (R) **1.55** Channel 4 Racing. **3.55** The Simpsons. (R) **4.25** Come Dine with Me. (R) **5 55** Come Dine with Me. (R) **5 55** Come Dine with Me. (R)

9 00 Come Dine with Me. Dads Verner hosts the final dinner party in Bath. (R)

8.00 Colonel 4 News

7.25 4thought tv A Muslim artist shares her thoughts about the female body.

7 30 Whatever Happened to Harry Hill? The comedian looks back at his Channel 4 sketch show. (R)

8 30 Harry Hill. (R)

9 00 C4's 30 Greatest Comedy Shows. Celebrating some of the station's most memorable comedy series, exploring the impact shows including Father Ted, Spaced and The Inbetweeners have had on British TV.

11 00 C4's Greatest Comedy. The Winners. Two documentaries about the series that won the viewers' poll.

1 10 Vintage Comic Strip. Bad News Tour. (R) **1 45** Comedy Lab: Anna & Katy. (R) **2 10** Happy Endings. **2 35** Film: Alamo. (2009) **3 00** St Elsewhere. (R) **4.40** Deal or No Deal. (R) **5 30** Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangers Samurai. **10.35** Batman: The Brave and the Bold. **11.10** Looney Tunes. (R) **11.15** Looney Tunes. (R) **11.25** Celebrity Big Brother: The Eviction. (R) **12.55** Milkshake! Live. (R) **1.30** Film: Blue Thunder. (1983) **3.20** Film: We'd Like to Help You Help Yourself. (2010) Premiere. Detective thriller, starring Tom Felton.

7.05 5 News Weekend.

7.10 NCIS. (R)

8.00 NCIS. Nikki Jardine volunteers to help Tony investigate the murder of a marine in Baghdad, but her behaviour makes him suspect she had an ulterior motive in requesting the assignment. (R)

9 00 Celebrity Big Brother. Highlights of the famous housemates' past 24 hours invites the all-seeing eye of Big Brother as they try to get used to living alongside one another.

10 10 CSI: Miami. The team travels to the remote island mansion of horror writer Marilyn Milner, whose ramshackle pier has been found dead with a suspicious bite mark on her neck.

11 10 CSI: Crime Scene Investigation. A criminal linking the only after committing a murder is involved in a car crash and struggles the other driver to prevent her identifying him. (R)

12 00 SuperCasino. **4.00** HouseHunters. (R) **4 25** Dwane Designs. (R) **4 50** Rough Guide to Johnneys. (R) **5 00** Hana's Helpline. (R) **5 10** The Milkshake! Show. (R) **5 35** Thomas & Friends. (R) **5 45** Andy the Racing Car. (R)

DIGITAL

BBC Three
1.00 Fearne and Greg @ Reading **6 00** The Vaccines and Florence and the Machine @ Reading **10 00** Kasabian Live @ Reading

BBC Four
7 00 Africa's Magnificent Beasts **8.00** She-Wolves: England's Early Queens **9 00** Inspector Montalbano **10 45** The Fight: Fatal Attraction **11 45** Doctors in the Death Zone

ITV2
2 00 America's Got Talent **4 30** America's Got Talent. Results **5.25 Film:** Garfield: A Tale of Two Kitties (2006) **1.10 Film:** Abbott & Boy (2002) **3 00** Totally Bonkers Gnanness World Records **3 15** The Xtra Factor **10 15 Film:** Mamma Mia! (2008)

ITV3
4.00 Agatha Christie's Poirot **1 10** Agatha Christie's Marple **4 00** Agatha Christie's Poirot **11 00** A Touch of Frost

ITV4
2.05 Film: MacArthur (1977) **4 45 Film:** Shalako (1968) **7 00** Cycling **9 00** Minder **3 00 Film:** Rocky IV (1985) **10 55 Film:** The Big Lebowski (1998)

E4
3.15 Film: Alvin and the Chipmunks (2007) **5 30** How I Met Your Mother **9 00** The Big Bang Theory **1 30** Rules of Engagement **8 30** Suburgatory **9 30 Film:** My Stepmother Is an Alien (1988) **11 10** The Big Bang Theory

Film4
3.00 The Ladykillers (1955) **6.55** Addams Family Values (1993) **8.45** Runaway Bride (1999) Romantic comedy with Julia Roberts and Richard Gere, with Joan Cusack, Hector Elizondo and Rita Wilson **9 00** Die Hard 4.0 (2007) Act on thriller sequel, starring Bruce Willis **11 30** Jennifer's Body (2009)

SUNDAY'S TV 26.08.12

CHOICE

Martin Shaw

Inspector George Gently
BBC1, 8.30pm

There's nothing like a good old fashioned crime drama to entertain us on a Sunday evening, and they don't come much better than Inspector George Gently. When we catch up with Gently and Bacchus, the year is 1968 and as racial unrest sweeps the US, the National Front is wreaking havoc in Britain. But in Newcastle, racial harmony can be found in dance parties known as "all-nighters". Sadly, the peace and friendship of these events is shattered when a young black girl, Dolores Kenny, is found dead at one of them.

BBC1

6 00 Breakfast. **1.30** Match of the Day. (R) **6 00** BBC News. **10 00** Sunday Morning Live. **11 00** Country Tracks. (R) Weather for the Week Ahead. **12 00** BBC News. **12 15** Primes Under the Hammer. (R) **1 05** Farmer Britt. (R) **2 05** Cash in the Attic. (R) **2 45** Escape to the Country. (R) **3.45** Ocean Giants. (R) **4.45** Songs of Praise. **5 20** The Indian Doctor. (R)

6 45 BBC News. Regional News. Weather.

6.30 Britain's Hidden Heritage. Paul Martin travels to Co Down to visit Mount Stewart country house and Clare Balding heads to Staffordshire to learn about Lichfield Cathedral's stained glass.

7 30 Countryfile. Adam Henson recalls some of the team's favourite editions featuring livestock. Matt Baker seeks help from his family at Bumburg time in Crinoty Orchard, and goats visit the dentist.

8.30 Inspector George Gently. New series. The detective investigates the murder of young black woman Dolores Kenny, a regular at local club's northern soul all-nighters.

10 00 BBC News. Regional News. Weather.

10 20 Match of the Day 2. Including highlights of Liverpool v Manchester City.

11 25 In with the Flynns. (R)

11.55 Film: Flashdance of a Fool. (2008) Drama starring Daniel Craig.

1 40 Weatherview **1.45** Sign Zone: The Dark Nature's Night mu seum. (R) **2.45** Hoby City. (R) **3.45** Amish: A Secret Life. (R) **4 45** BBC News.

BBC2

6.00 CBeebies. **1.00** CBBC. **10 00** Saturday Kitchen Best Bites. **11 30** The Great British Bake Off. (R) **12 30** Mot@G. **2 00** Live Athletics. **5 00** Doctors. (R)

9 00 TOTP2. Summertime Special. Archive sessions and sounds featuring songs by the Undertones, Bananarama, Ray Ciry Rollers, Fun Boy Three, the Style Council, Martha and the Muffins, Bryan Adams, Girls Aloud and ELO. (R)

7.00 Top Gear. Jeremy Clarkson, Richard Hammond and James May put three supercars through their paces in Italy and look forward to some of 2012's most exciting cars. With guest Will Ferrell. (R)

8 00 Exploring China: A Culinary Adventure. Chung-He Huang and Ken Hom embark on the final leg of the journey by exploring Cantonese cuisine in Guangzhou, before visiting their ancestral homes. Last in the series.

9 00 Toughest Place to Be a Teacher. Colin Winslow a deputy head on east London's Woolwich ferry, travels to Bangladesh's capital Dhaka to work on the Buriganga river – one of the world's busiest waterways.

10.00 Murder. Graeme starring Karla Crome and Joe Dempsie.

10 00 Film: A Guide to Recognising Your Saints. (2006) Dito Montiel's autobiographical drama about his struggle to escape his roots in the crime-ridden New York of the 1980s. Starring Robert Downey Jr.

12.35 Film: Adam & Paul. (2004) **2 00** BBC News. **4.25** Close.

ITV1

8.00 CITV: Mini CITY. **7.20** CITV **8.25** Dinner Date. **9.25** ITV News. **9.30** House Gift. (R) **10 25** There's No Taste Like Home. (R) **11 25** The Hungry Sailors. (R) **12 30** ITV News. Weather. **12.45** The X Factor. (R) **1 55** The Unforgettable Fat Rhinoritz. (R) **2 25 Film:** Columbo: Uneasy Lies the Crown. (1990) **4.25** Doc Martin. (R) **5.25** The Talent Show Story. (R)

6.30 Regional Programme; Weather

6.45 ITV News. Weather

7 00 The Chase: Celebrity Special. Bradley Walsh invites a team of ex-Jimmy Carr Coronal on Street's Jack P Shepherd, retired rugby union player Matt Dawson and Coronation Street's Sally Bercow to play the quiz.

8.00 Celebrity Who Wants to Be a Millionaire? School's Out. Three famous faces are joined by their teenage children for a one-off edition of the rig money-quiz, aiming to win as much cash as possible for charity and one lucky winner.

9 00 The Last Weekend. The rivalry between Ian and Dillo steps up a gear and the tension is further heightened by the arrival of Daisy's colleague Milo.

10 00 ITV News at Ten. Weather

10 15 Film: Tomorrow Never Dies. (1997) James Bond battles to stop a media mogul's plan to start a war between Britain and China. Spy adventure starring Pierce Brosnan.

12.25 The Store. ITV News Headlines **2.30** Golden Balls. (R) **3.20** Motorsport UK. **4.10** ITV Nightscreen **5.30** ITV Morning News.

CHANNEL 4

6.00 The Treacle People. (R) **6.10** The Hiroes. (R) **6.35** Inuman 2012. **7.00** Channel 4 Presents – Lee Pearson: 'Lone Rider'. (R) **7.00** Road to London 2012: Paralympics Extra. Profiles of four athletes likely to dominate their events. Last in the series. **7.35** Smiling Special. The Endless Winter. **8.00** Will & Grace. (R) **8.30** Will & Grace. (R) **8.55** Fraser. (R) **9.25** Frasier. (R) **10.00** Sunday Brunch. **12.25** James Oswe Abdalmaa. (R) **1.25** The Big Bang Theory. (R) **1.55** The Big Bang Theory. (R) **2.20** The Simpsons. (R) **2.50** The Simpsons. (R) **3.20** There's a Bird. (R) **4.20** Come Dine with Me. (R) **5 25** Deal or No Deal.

9 20 Channel 4 News.

9.50 4thought tv A transsexual comedian explains how she feels about her body.

6.55 Film: X-Men Origins: Wolverine. (2009) The mutant hero returns to his military roots seeking revenge as he is drawn into a battle with his psychotic brother. Superhero prequel, starring Hugh Jackman.

8.00 Peter Kay: Live at the Manchester Arena. A performance recorded in 2003. (R)

10 00 Bad Sugar. Spanish melodrama, starring Sharon Hinjosa, Steve Coleman and Julia Davis.

10.50 Ebook Books. (R)

11.20 Dylan Moran: Live. Yeah Yeah.

12.25 Comedy Lab: Dynamo's Estate of Mind. (R) **12 55** Da Ali G Show. (R) **1 30** Comedy Lab: Lucky Geriya's – Golden Years. (R) **1 55** The Mark Thomas Comedy Product. (R) **2 25** Happy Endings. **2 50** Hollyoaks. (R) **4 50** Deal or No Deal. (R) **5 45** Baking Mad with Eric Lanlard. (R)

CHANNEL 5

9 00 Milkshake! Peppa Pig. **9.30** Roary the Racing Car. (R) **9.45** Tim and the Flowertots. (R) **9 25** City of Friends. (R) **9.40** Harry and His Bucket Full of Dinosaurs. (R) **9 00** Cash in the Attic. (R) **5 55** Ashley's Flying Fairy School. (R) **1 15** Rocham and Custard Tao. (R) **7.15** Ben and Holly's Little Kingdom. (R) **1 25** Play. (R) **7.35** Noisy in Toyland. (R) **1 45** Bert and Ernie's Great Adventures. (R) **7.55** Milkshake! Monkey. (R) **8 45** Little Princess. (R) **8 15** The Adventures of Bottle Top Bill and His Best Friend Corky. (R) **8.30** Angel an Ballerina. (R) **8 45** Rupert Bear. (R) **8 55** Hamster in Pyjamas. (R) **9 15** The Mr Men Show. (R) **9 30** Roary the Racing Car. (R) **9 45** Jelly Jamm. (R) **10 00** Power Rangers Samurai. **10.35** Batman: The Brave and the Bold. **11 10** Looney Tunes. (R)

11 20 Celebrity Big Brother. (R)

12 30 World's Scariest Near Misses. (R) **1 20 Film:** What About Bob? (1991) **3 10 Film:** The Kid. (2000) **5 20** Mutt Ugly: World's Ugliest Dog. (R)

8 20 Film: Beauty and the Beast. (1991) Premiere. Disney animated fantasy with the voice of Paige O'Hara.

9 00 Once Upon a Time. Emma and Regina are forced to work together to help Henry. Last in the series.

5 55 5 News Weekend.

9 00 Celebrity Big Brother. The ups and downs of the life.

10 00 Film: Two Weeks Notice. Romantic comedy starring Sandra Bullock. (2002)

11.55 Frontline Police. (R)

12 55 SuperCasino. **4 10** Sons of Anarchy. **4 50** Rough Guide to Bang In Your Back. (R) **5 45** Hank's Helpline. (R) **5 10** The Milkshake! Show. (R) **5.35** Thomas & Friends. (R) **5 45** Andy the Racing Car. (R)

DIGITAL

BBC Three
7 00 Kaiser Chiefs and Django Django @ Reading **8 00** The Black Keys and Two Door Cinema Club @ Reading **9 00** Foo Fighters Live @ Reading **10 00** Family Guy **12 45** Total Recall **11.15** Foo Fighters @ Reading

BBC Four
7 00 Himalaya with Michael Palin **8 00** The Thirties in Colour **9 00 Film:** Unfinished Revisited (2008) **11 05** Wilderness Explored

ITV2
3.10 Film: Free Willy 3: The Rescue (1997) **5 00 Film:** Beethoven (1992) **6 45** The X Factor **8 00** The Xtra Factor **9 00** Speedom **10 00** Lemon Le Vida Loca **10 45 Film:** The Fog (1980)

ITV3
3.55 Film: Carry On Cowboy (1965) **5 45** Agatha Christie's Poirot **8 00** The Story of the Cosmine Drama **9 00 Film:** Atonement (2007) **11 25** Cracker

ITV4
11 00 British Touring Car Championship. Live coverage of the seventh round of the season from Knockhill. **3 00** The Sweeney **7 00** Cycling: The ninth stage of the Vuelta a España **8.30 Film:** The Alamo (1960) **11.30 Film:** Resident Evil (2002) Sci-fi sci-action horror starring Milla Jovovich.

E4
3.10 Charlie's Angels **4 00** New Girl **4 35** Snaingsbury **5 00** Revenge **6 00** The Big Bang Theory **6 00 Film:** Volcano! (1997) **11.00** Anda Tanks: Extreme Rules **11 00 2** Broke Girls **11.35** New Girl

Film4
2 45 The Parent Trap (1998) **5 15** Black Knight (2001) **7 05** Angus, Thongs and Perfect Snogging (2008) **9 00** Arish Horr 3 (2007) **10.45** The Final Destinat on (2009)

Monday

BBC1 6.00 Breakfast. 9.00 Hey! Hunters. (R) 9.45 Homes Under the Hammer. (R) 10.45 Saints and Scroungers. 11.15 Animal 24:7. (R) 12.00 Bargain Hunt. (R) 1.00 BBC News at One. 1.15 Regional News. Weather. 1.20 Film: Frasier (1993) 2.45 Wallace & Gromit at the Proms. 3.30 Film: Wallace & Gromit in The Curse of the Were-Rabbit. (2005) 4.45 Pointless. 5.30 BBC News. Weather. 5.50 Regional News Programmes. Weather. 6.00 Countryfile Summer Special. 7.00 The Royal Edinburgh Military Tattoo 2012. BBC News. Regional News. 8.00 EastEnders. 8.30 The One Show. Sent at Sutton. (R) 9.00 New Tricks. 10.00 BBC News. 10.40 Regional News. Weather. 10.30 Citizen Khan. 10.50 Gavin & Stacey. (R) 11.20 Film: Eagle Eye. (2008) 1.10 Weatherview. 1.15 Sign Zone. Engineering Giants: Can Big Ship Down. (R) 2.15 Sailors in the Office. (R) 3.15 Doorstep Crime. 999. (R) 3.45 Real Rescues. (R) 4.30 BBC News.

BBC2 5.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.30 BBC World News. 12.00 Coast. (R) 12.10 To Buy or Not to Buy. (R) 12.40 Film: Solid My Gutbucket. (R) (1957) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. 6.30 Celebrity MasterChef. 7.00 Dig WW2 with Dan Snow. 8.00 University Challenge. 8.30 Leonardo's Fast, Fresh and Easy Food. 9.00 Horizon: How Big is the Universe? 10.00 James May's Things You Need to Know. 10.30 Film: Precious. (2009) 12.15 Toughest Place to Be a Ferryman. (R) 1.15 BBC News.

ITV1 5.00 Daybreak. 8.30 Loraine. 9.25 The Jeremy Kyle Show. 10.30 The Jeremy Kyle Show USA. 11.25 Dilemmas Real Deal. (R) 12.25 60 Minute Makeover. (R) 1.30 ITV News, Weather. 1.40 Regional News. Weather. 1.45 Countrywise. 2.05 Murder She Wrote. (R) 3.00 Secret Dealers. 4.00 An Audience with Barry Manilow. (R) 5.00 Don't Blow the Inheritance. 6.00 Regional News, Weather. 6.15 ITV News. Weather. 6.30 You've Been Framed! (R) 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Countryfile Summer Special. 9.00 Harry's Mountain Heroes. 10.35 ITV News. Weather. 10.40 Regional News; Weather. 10.45 Film: Serenity. (2005) 12.45 Jackpot247. ITV News Headlines. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 4.30 ITV Morning News.

Channel 4 6.10 Sell Mail. (R) 8.15 The Hoobs. (R) 6.40 The Hoobs. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. (R) 8.00 Will & Grace. (R) 8.30 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.50 Come Dine with Me. (R) 11.10 Come Dine with Me. (R) 12.10 Come Dine with Me. (R) 12.45 Come Dine with Me. (R) 1.20 Film: Sense and Sensibility (1995) 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.25 Channel 4 Presents – Alan Carr: Spectacular. (R) 7.30 Jon Snow's Paralympic Show. 8.00 SuperScrimpers. 9.00 Islam: The Untold Story. 10.35 Obsessive Compulsive Hoarder: The Big Clear Out. (R) 11.40 24 Hours in A&E. (R) 12.40 Surfing Special: The Endless Winter. (R) 1.50 KOTV Kinetic Wrestling. 1.30 Sailing: Americas Cup Discovered. 1.55 International Volleyball. 2.50 The Gist. (R) 3.15 British Formula Ford Championship. (R) 3.45 FIM Superbike World Championship 2012. 4.10 RG Energy Challenge. (R) 4.40 Great Encounters of the Sporting Kind. (R) 4.45 FIM GP1 World Championship. (R) 5.40 Ironman 2012. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Ultimate Police Interceptors. (R) 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother. (R) 1.15 Pawn Stars. (R) 1.45 Neighbours. 2.15 NCIS. 3.15 Film: Brotherly Love. (1995) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Andy Bates Street Feasts. (R) 6.30 5 News at 6.30. 7.00 The Real Trackers: Deadliest Roads. (R) 8.00 5 News Update. 8.00 Myra Hindley: Born to Kill? 9.00 5 News at 9. 9.30 Celebrity Big Brother. 11.00 Celebrity Big Brother. 11.00 Celebrity Big Brother's Bit on the Side. 12.00 The Hotel Inspector. (R) 1.00 SuperCasino. 3.55 Bang Goes Arkwright. (R) 4.15 House Doctor. (R) 4.40 Michaela's Wild Challenge. (R) 5.10 Nick's Quest. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Hey! Hunters. (R) 9.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.30 Animal 24:7. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Accused. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Link Up. 11.15 Citizen Khan. (R) 11.45 Film: Greenfingers. (2000) 1.15 Weatherview. 1.20 Sign Zone. 777: One Day in London. (R) 2.10 Sailors in the Office. (R) 3.10 Real Rescues. (R) 4.35 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.30 BBC World News. 12.00 Coast. (R) 12.05 To Buy or Not to Buy. (R) 12.00 Film: Days of Glory (1944) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. 6.30 Celebrity MasterChef. 7.00 Dig WW2 with Dan Snow. 8.00 Bake Off. 8.00 The Midwives. 10.00 The Rob Brydon Show. 10.30 Newsnight. Weather. 11.20 James May's Things You Need to Know. (R) 11.50 The World of Parade's End. (R) 12.20 BBC News. 4.25 Close

ITV1 6.00 Daybreak. 8.30 Loraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Lets Do Lunch with Gino & Mel. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Murder She Wrote. (R) 3.00 Secret Dealers. 3.55 Regional Weather. 4.00 Midsomer Murders. (R) 5.00 Don't Blow the Inheritance. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 UEFA Champions League. Extra. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Come Dines to Kenya. (R) 11.35 UEFA Champions League. Extra. 12.30 Jackpot247. ITV News Headlines. 3.00 Golden Balls. (R) 3.45 ITV Nightscreen. 5.30 ITV Morning News

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Will & Grace. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.50 Come Dine with Me. (R) 11.05 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.35 Channel 4 Presents – Nathan Stephens "Warrior". (R) 12.40 A Place in the Sun: Winter Sun. (R) 1.40 River Cottage: Bites. (R) 1.50 Film: Butch Cassidy and the Sundance Kid. (1969) 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.25 Channel 4 Presents – Jamie Redknapp's Secret. (R) 7.30 Jon Snow's Paralympic Show. 8.00 SuperScrimpers. 9.00 Islam: The Untold Story. 10.35 Obsessive Compulsive Hoarder: The Big Clear Out. (R) 11.40 24 Hours in A&E. (R) 12.40 Surfing Special: The Endless Winter. (R) 1.50 KOTV Kinetic Wrestling. 1.30 Sailing: Americas Cup Discovered. 1.55 International Volleyball. 2.50 The Gist. (R) 3.15 British Formula Ford Championship. (R) 3.45 FIM Superbike World Championship 2012. 4.10 RG Energy Challenge. (R) 4.40 Great Encounters of the Sporting Kind. (R) 4.45 FIM GP1 World Championship. (R) 5.40 Ironman 2012. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Ultimate Police Interceptors. (R) 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother. (R) 1.15 Pawn Stars. (R) 1.45 Neighbours. 2.15 NCIS. 3.15 Film: Brotherly Love. (1995) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Andy Bates Street Feasts. (R) 6.30 5 News at 6.30. 7.00 The Real Trackers: Deadliest Roads. (R) 8.00 5 News Update. 8.00 Myra Hindley: Born to Kill? 9.00 5 News at 9. 9.30 Person of Interest. 5 News Update. 10.00 Celebrity Big Brother. 11.00 Celebrity Big Brother's Bit on the Side. 12.00 The Hotel Inspector. (R) 1.00 SuperCasino. 3.55 Bang Goes Arkwright. (R) 4.15 House Doctor. (R) 4.40 Michaela's Wild Challenge. (R) 5.10 Nick's Quest. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Hey! Hunters. (R) 9.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.30 Animal 24:7. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. BBC News. Regional News. 8.00 The Fireworks Gang. 9.00 Who Do You Think You Are? 10.00 BBC News. 10.25 Regional News. Weather. 10.35 The National Lottery Wednesday Night Draws. 10.45 Have I Got Old News for You. 11.15 The League Cup Show. National Lottery Update. 12.15 Film: Color of Night. (1994) 2.10 Weatherview. 2.15 Sign Zone. The Tube. (R) 3.15 Doorstep Crime. 999. (R) 3.45 Real Rescues. (R) 4.30 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.30 BBC World News. 12.00 Coast. (R) 12.20 Film: Gungs Din. (1939) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. 6.30 Celebrity MasterChef. 7.00 Dig WW2 with Dan Snow. 8.00 Rescuation. Emma One Year On. 9.00 Vexed. 10.00 The Culture Show at the Edinburgh Festival. 10.30 Newsnight. Weather. 11.20 The Midwives. (R) 12.20 BBC News. 4.35 Close

ITV1 6.00 Daybreak. 8.30 Loraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Lets Do Lunch with Gino & Mel. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Murder She Wrote. (R) 3.00 Secret Dealers. 3.55 Regional Weather. 4.00 Midsomer Murders. (R) 5.00 Don't Blow the Inheritance. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 The Kardashians of Strangers. Tonight. 8.00 Britain by Night. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Film: Hardware. 2.30 British Touring Car Championship Highlights. 3.40 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Will & Grace. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Channel 4 News. Bobby Seagrammy. 12.05 Film: Odyssey. (2012) 12.40 A Place in the Sun: Winter Sun. (R) 1.45 Channel 4 Presents – Liz Jehnson "Night Swimmer". (R) 1.50 Film: Sabrina. (1954) 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 8.00 London 2012 Paralympic Games Opening Ceremony. 11.30 6 Out of 10 Cats Does Countdown. (R) 12.25 Jimmy Carr: Making People Laugh. (R) 1.20 Music on 4 Summer Daze. (R) 1.50 Music on 4 Mercury Prize Sessions: Graham Coxon. 2.00 Music on 4 Tunes Festival 2012. Primeval. (R) 2.45 Music on 4 Spotlight. (R) 3.10 Film: Caming Up. (R) 2.45 Mesh: King Pylon. (R) 3.00 Happy Endings. 3.25 St Elsewhere. (R) 4.10 Deal or No Deal. (R) 5.30 Make Do & Mend. (R) 5.50 Baking Mad with Eric Lanlard. (R) 5.55 Sell Mail. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Ultimate Police Interceptors. (R) 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother. (R) 1.15 Pawn Stars. (R) 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. 3.15 Film: Thicker Than Water. (2005) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Andy Bates Street Feasts. (R) 6.30 5 News at 6.30. 7.00 The Hotel Inspector. (R) 8.00 5 News Update. 8.00 Secret Interview. 5 News at 9. 9.00 Celebrity Big Brother: Live Eviction. 10.00 John Barrowman's Dallas: Dreaming of Ewing. 10.40 John Barrowman's Dallas: Shooting JR. 11.10 Celebrity Big Brother: Eviction Interview. 11.35 Celebrity Big Brother's Bit on the Side. 12.35 Celebrity Big Brother's Bit on the Side. 12.00 SuperCasino. 3.55 House Busters. (R) 4.20 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R) 5.35 Nick's Quest. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Hey! Hunters. (R) 9.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.30 Animal 24:7. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Waterloo Road. 9.00 Gone Cry. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Neighbourhood Watchers. 11.20 Film: Duplex. (2003) Comedy, starring Drew Barrymore and Ben Stiller. 12.45 Hindlay. Weatherview. 12.50 Sign Zone. Countryfile. (R) 1.45 Junior Jones. Respect Your Elders. (R) 2.30 Doorstep Crime. 999. (R) 3.00 Real Rescues. (R) 3.50 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.30 BBC World News. 12.00 Coast. (R) 12.30 To Buy or Not to Buy. (R) 12.50 Film: Hotel Reserve. (1944) Thriller starring James Mason. 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. 6.30 Celebrity MasterChef. 7.00 Live Athletics Coverage of the Welltasse Zurich. 9.00 Iceland Erupts: A Volcano Live Special. 10.00 The Sea is Back. 10.30 Newsnight. Weather. 11.20 The Rob Brydon Show. (R) 11.50 James May's Things You Need to Know. (R) 12.20 The Culture Show at the Edinburgh Festival. (R) 12.50 BBC News. 4.30 Close

ITV1 6.00 Daybreak. 8.30 Loraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Lets Do Lunch with Gino & Mel. 1.20 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Murder She Wrote. (R) 3.00 Secret Dealers. 3.55 Regional Weather. 4.00 Midsomer Murders. (R) 5.00 Don't Blow the Inheritance. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 The Kardashians of Strangers. Tonight. 8.00 Emmerdale. 8.30 Coronation Street. 9.00 Britain by Night. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 The Jonathan Ross Show. 11.35 Pure in Paradise. (R) 12.05 Jackpot247. ITV News Headlines. 2.30 The Kindness of Strangers. Tonight. (R) 3.00 ITV Nightscreen. 4.30 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4 6.00 The Tinsels People. (R) 6.35 Freshly Squeezed. 7.00 Paralympic Games Breakfast Show. 9.15 Paralympic Games 2012. Including swimming, cycling, judo, archery and shooting. 12.00 Channel 4 News Midday Summary. 12.05 Paralympic Games 2012. Further coverage from day one of the Games. 1.00 Paralympic Games 2012. Netherlands v Great Britain in the wheelchair basketball. (Tip-off 1.00pm) 3.25 Deal or No Deal. 4.25 Come Dine with Me. 4.55 The Simpsons. (R) 5.25 Paralympic Games 2012. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.25 Paralympic Games 2012. Tonight. 10.30 The Last Leg with Adam Hills. 11.15 Film: The Odyssey (2012) 11.50 Film: A Running Jump. (2012) 12.35 Ben Fellowphone. (R) 1.30 Embarrassing Bodies Live. (R) 2.25 I Have That Sweet Adeline. (R) 2.30 Apocalypse: The Second World War. (R) 3.20 Fraud Lord. 4.00 Deal or No Deal. (R) 5.00 Sneak Sabkee with Eric Lanlard. (R) 5.55 Sell Mail. (R)

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Friday

BBC1 6.00 Breakfast. 9.15 Hey! Hunters. (R) 9.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.30 Animal 24:7. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Cash in the Attic. BBC News. Regional News. 8.00 EastEnders. 8.30 Miranda. (R) 9.00 In with the Flynns. 9.30 Mrs Brown's Boys. (R) 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Would I Lie to You? (R) 11.05 Come Fly with Me. (R) 11.35 The National Lottery Friday Night Draws. 11.45 EastEnders. 1.40 Weatherview. 1.45 Sign Zone. The Hairy Bikers' Bakeation. (R) 2.45 Real Rescues. (R) 3.30 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.30 BBC World News. 12.00 Coast. (R) 12.30 To Buy or Not to Buy. (R) 12.50 Film: Hotel Reserve. (1944) Thriller starring Dorothy McGuire. 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. 6.30 Celebrity MasterChef. 7.00 Hillside: A Garden for All Seasons. 8.00 Mastermind. 8.30 Gardeners' World. 9.00 Parade's End. 10.00 Coast. 11.00 Mastermind. 11.50 The Review Show at the Edinburgh Festival. 11.05 Weather. 11.50 Reading Festival Highlights. 2012. 1.20 BBC News. 3.30 Close

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Channel 4 6.00 The Tinsels People. (R) 6.35 Freshly Squeezed. 7.00 Paralympic Games Breakfast Show. 9.15 Paralympic Games 2012. Including athletics, track cycling, rowing and rowing. 12.00 Channel 4 News Midday Summary. 12.05 Paralympic Games 2012. Further coverage from day five of the Games. 1.00 Paralympic Games 2012. Including shooting, athletics, wheelchair basketball and track cycling on day two of the Games. 3.25 Deal or No Deal. 4.25 Come Dine with Me. 4.55 The Simpsons. (R) 5.25 Paralympic Games 2012. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.25 Paralympic Games 2012. Tonight. 10.30 The Last Leg with Adam Hills. 11.15 Film: The Odyssey (2012) 11.50 Film: A Running Jump. (2012) 12.35 Ben Fellowphone. (R) 1.30 Embarrassing Bodies Live. (R) 2.25 I Have That Sweet Adeline. (R) 2.30 Apocalypse: The Second World War. (R) 3.20 Fraud Lord. 4.00 Deal or No Deal. (R) 5.00 Sneak Sabkee with Eric Lanlard. (R) 5.55 Sell Mail. (R)

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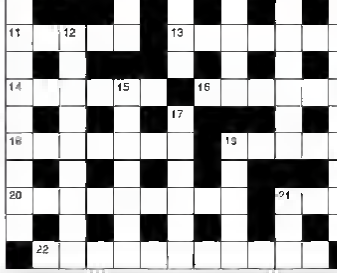

This week's crossword - Clues

Across

1. Done on purpose (11)
9. Fitting (3)
10. Instruction (9)
11. A sea-duck (5)
13. Warship (7)
14. Start (6)
16. Lose life (6)
18. Reinin (7)
19. Adhesive substance (6)
20. Vigorous (9)
21. Enemy (3)
22. In any case (2,8,6)

Down

2. Entrap (8)
3. Senior (6)
4. Three times (6)
5. Shut out (7)
6. In the middle of a boat (6)
7. Seek advice (4,7)
8. Rebuked (11)
12. Cleansing agent (9)
15. Gospel (7)
17. Stinging plant (6)
18. Frill of lace (5)
21. Adjust (3)

Last week's solution

ACROSS 1 FULL 3 STOCKING, 9 OUTWEAR 10 NOVEL 11 DISCOMFITURE 13 IMPOSE 15 SUREST 17 DISREPUTABLE 20 LEAST 21 ODOROUS 22 WHEEDLES 23 SHED
DOWN 1 FLOODLIT 2 LOTUS 4 THRIFT 5 CONSTRUCTION 6 INVERSE 7 GULL 8 EMONSTRATED 12 STRESSED 14 PRIVATE 16 OPPOSE 18 BOOTH 19 BLOW

Food & Drink

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Fussy food nation: Tripe, black pudding, cockles and olives top poll of Britain's most hated foods

WHETHER it's Brussels sprouts or black pudding, Brits have been revealed as the most likely to leave food on their plates.

And although they're heralded as an international delicacy and served in restaurants across the world, snails topped the list as most hated food.

Tripe, oysters, squid and anchovies also made up the top end of the gastro-dislike list.

The Fussy Food Nation Report also found that amongst the top 20 most hated foods were liver, olives, black pudding, kippers, blue cheese, beetroot, sardines and Brussels sprouts which may not surprise many.

What may come as a shock to foodies is the fact that delicacies such as avocado, goats cheese, pate, prawns and mushrooms have made this top 40 most disliked foods, which shows that once and for all we're a nation of fussy eaters.

And it's children that are the biggest culprits when it comes to refusing to eat certain foods with 39% being fussy eaters while 24% of fathers are fussy followed narrowly by mothers at 23%.

Escargot was voted the most hated food above tripe and oysters.

A staggering 54% of people in relationships say their partner is a fussier eater than they are, with a tenth of Brits even resent their partner sometimes because they don't like a food that they enjoy eating (10%).

A quarter of the 2,000 people studied feel their own diet suffers because their mother, father or sibling refuses to eat particular foods.

It's not just partners that prove fussy – forty per cent of parents confessed they'd gone to huge extents to get their kids eating greens by hiding their children to eat the food in front of them.

The study, which was conducted by Hotpoint to mark the launch of the Active Oxygen fridge freezer, which keeps food fresher for longer, also revealed 41% of parents sneak healthy foods into their children's meals to ensure they are getting nutrition.

Not only are we fussy eaters but also just under half of us say we don't eat as healthily as we should, one in five of us say this is because fresh food tends to spoil quickly with most of us saying we're simply too busy to eat healthily.

The study also asked people what puts them off certain foods, with almost 60% saying the texture and more than half saying the smell.

One in seven say being forced to eat a certain food as a child has left them hating it forever, while a similar number say they hate certain foods so much they physically make them ill.

Cook, food writer and broadcaster Valentine Warner said: "I'm astounded that so few people enjoy eating beetroot, it's one of my all-time favourite vegetables.

Perhaps everyone has been put off by the slightly limp, pickled sort in jars? When eaten fresh, it's delicious.

I'd implore people to try more foods and to not be put off by previous experiences, yes, even seeds can actually be very tasty. Experiencing new food is a joy, you may not like everything but it's trial and error and in my experience, the more you try things the more you get to like them.

When it comes to our children, four in ten of us have had to resort to desperate measures to get them to eat their vegetables, with steps ranging from 'sneaking' them onto their plate, or 'hiding' them in a recipe, to bribing them with money in a last ditch attempt to encourage healthy eating.

Typically the humble Brussels sprout, mushrooms and spinach feature among the most challenging foods to convince our children to eat.

Brits stock up for barbeque bonanza as summer sunshine returns

BRITS are gearing up for a barbeque bonanza this weekend as the summer weather returns.

With temperatures set to reach 30C on Sunday shoppers have already been stocking up for an al fresco feast.

Stores from Cornwall to Inverness have seen demand soar for burgers, sausages, chicken, ice cream and bags of charcoal.

Tesco outdoor living category manager Mike Darlington said: "Brits are among the keenest barbeque fans in the world but for much of this summer they have been denied the pleasure because of all the rainy weather.

"Now with the hottest weather of the year forecast, shoppers have wasted no time in stocking up and judging by strong early sales many people will be spending the next few days barbecuing in the garden."

This weekend Tesco expects to sell the following:

650,000 burgers
350,000 sausages
200,000 kebab packs
300,000 barbecue chicken packs
5.2 million ice lollies
500,000 tubs of ice cream
250,000 bags of charcoal
75,000 disposable barbeques

Survival of the Students

CHEESE TOASTIES and baked beans are just two dishes which students who are receiving their A Level results this week can expect to perfect over the following term at university. Leaving family behind, most students find themselves at the mercy of their own cooking and their skills often haven't been developed.

Due to demand from desperate parents, worried about their teenager's culinary survival at university, the Waitrose Cookery School has introduced a basic introduction to living away from your parents. Covering areas such as budgeting, knife skills, the basics of ingredients and timing, the course also looks at keeping healthy and cooking for groups of people.

Gordon McDermott, Waitrose Cookery School Course Manager says, "Parents and grandparents have been booking up this course for their teenagers, worried about their kitchen survival without the help of their family. The course re-assures family members that the student will survive the first term!"

The course, Cooking at Uni, takes place on 5th September from 5.45pm till 9.45pm at the Waitrose Cookery School in Finchley Road, London. It costs £85 per person.

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Wondrous Watermelon

Denise Kelly

THE WEATHER has been so glorious and I love it! The delights of West Wittering beach at the weekend were busy, chaotic but really fun! The waves were big, which was hours of entertainment for everyone and the heat was perfect. Long may it last!

So, on a hot summers day like this, one of the nicest snacks to have on the beach is watermelon as it offers such good refreshment. Watermelon juice is a veritable delicacy around the world so its no wonder it is grown in 96 countries worldwide, with China leading the production, followed by Egypt, the Mediterranean region and United States. In the U.S. alone, 44 states are growing this fruit including Florida, Texas California, Georgia, and Arizona.

Not only is it refreshing but this lovely summer fruit offers surprising health benefits too! It may help keep the weight off and the arteries clear. It is your perfect weight loss aid and watermelons are an excellent means of controlling obesity too. It's easy to keep unnecessary weight off by adding copious amounts of watermelon to your diet and is a proven fact that foods with high water content helps in losing weight. With 92% water content, watermelons offer an excellent choice in keeping those pounds at bay. Take comfort in the fact that one slice contains only a single gram of fat making this fruit practically calorie free! The perfect and guilt free way to satisfy a sweet tooth.

Also watermelon juice wins hands down against tomato juice on the lycopene front in a recent study. Research suggests that lycopene may be a cancer killer and very useful for the immune system. There is also a compound in watermelon that can help with your skin's healing and regenerative processes, so a great anti wrinkle fruit too.

Eating watermelon is a great way to hydrate, which of course is vital on these hot summer days, and as there's 121 grams of water per cup it's a fantastic way to do just that.

Heart associations also give this fruit their seal of approval for a heart healthy food. For this approval a food must be low in total and saturated fat, cholesterol and sodium. What's more, it must also contain at least 10 percent of the recommended daily intake of one or more key nutrients - protein, vitamin A, vitamin C, calcium, iron or dietary fiber. Watermelon passes the test with flying colors. The Lycopene present in watermelons also help fight cholesterol while potassium combats high blood pressure and reduces the threat of a heart attack drastically. When top notch heart health is the agenda, watermelons are indispensable.

(I just want to say Happy 60th Wedding Anniversary to Ronnie and Margaret. What a wonderful and inspirational achievement - to a fantastic and lovely couple!)

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

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New Beauty Rooms available launching September 17th!

COMING SOON to Nuffield Health Club Chichester! Pamper yourself with Elbi's range of beauty treatments. Full range of face and body treatments is available, sunless spray tans, eyelash extensions and shellac nails plus lots more! Discounts available and Non Members welcome. Bookings taken from 1st September. For all enquiries contact the club on 01243 788678.

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THEATRES & SHOWS

27 Aug	JLS - Hove County Cricket Ground	
30 Aug	LET'S GO LUNCH WITH GINO & MEL Southbank Studios	
06 Sep	CABARET starring WILL YOUNG The Mayflower Theatre	
08 Sep	BBC PROMS IN THE PARK with Kylie Minogue, Il Divo & Alfie Boe	
19 Sep	LES MISERABLES - Queens Theatre	
26 Sep	SOUL SISTER - Savoy Theatre	
04 Oct	42nd STREET - The Mayflower Theatre	
09 Oct	JERSEY BOYS - Prince Edward Theatre	
11 Oct	TOP HAT - Aldwych Theatre	
13 Oct	CIRQUE DU SOLEIL MICHAEL JACKSON THE IMMORTAL WORLD TOUR - O2	
18 Oct	LET IT BE - Prince of Wales Theatre	
18 Oct	MAMMA MIA - Novello Theatre	
[illegible]	[illegible] Royal Albert Hall	
1/3 Nov	ICE AGE LIVE - Wembley Arena	
08 Nov	THE MOUSETRAP - Mayflower Theatre	
15 Nov	SCROOGE with TOMMY STEELE London Palladium	
22 Nov	English National Ballet THE NUTCRACKER Mayflower Theatre	
22 Nov	THE ROYAL MARINES SPECTACULAR Bournemouth Pavilion	
23/24/25 Nov	SPEED - Brighton Ice Show Brighton Centre	
24 Nov	CLASSICAL SPECTACULAR Royal Albert Hall	
29 Nov	STARLIGHT EXPRESS Mayflower Theatre	
05 Dec	MATILDA, THE MUSICAL Cambridge Theatre	
08 Dec	THE BRITISH MILITARY TOURNAMENT - Earls Court	
11 Dec	PETER ANDRE - Brighton Centre	
13 Dec	DOLLY PARTON'S 9 TO 5 THE MUSICAL Theatre Royal, Brighton	
14 Dec	JINGLE BELL CHRISTMAS Mayflower Theatre	
18 Dec	ANDRE RIEU LG Arena Birmingham	
[illegible]	[illegible] HORSE SHOW - Olympia	
02 Jan	ALADDIN with LILY SAVAGE 02 Theatre	
03 Jan	SLAVA'S SNOW SHOW Royal Festival Hall	
05 Jan	JACK AND THE BEANSTALK Mayflower Theatre	
18 Jan	THE LION KING Lyceum Theatre	
18 Jan	LES MISERABLES - Queens Theatre	
18 Jan	THE MASTERS SNOOKER 2013 Alexandra Palace	
20 Jan	RONAN KEATING FIRES LIVE Brighton Centre	
23 Jan	THE BODYGUARD Adelphi Theatre	
23 Jan	WICKED - Apollo Theatre	
24 Jan	WAR HORSE New London Theatre	
30 Jan	X FACTOR LIVE TOUR Brighton Centre	
30 Jan	SINGING IN THE RAIN Palace Theatre	
31 Jan 14 Feb	THE PHANTOM OF THE OPERA Mayflower Theatre	
23 Feb	TOP OF THE POPS LIVE Mayflower Theatre	
28 Feb	BILLY ELLIOT Victoria Palace Theatre	
28 Feb	THE PHANTOM OF THE OPERA Her Majesty's Theatre	
6/7 Mar	LONDON THEATRE BREAK The Lion King or Les Miserables	
15 Mar	VIVA FOREVER based on the Spice Girls Music Piccadilly Theatre	
24 Mar	THE HAIRY BIKERS Mayflower Theatre	
30 Mar	ALFIE BOE The Brighton Centre	
25 Apr	THE FULLY MONTY Mayflower Theatre	
28 Apr	JAMES LAST & HIS ORCHESTRA BIC Bournemouth	
01 May	WALKING WITH DINOSAURS Wembley Arena	
04 May	THE RAT PACK LIVE Brighton Centre	
07 Aug	CHARLIE AND THE CHOCOLATE FACTORY London Palladium	

NEW excursion brochure available from 27 July 2012

Fashion

GOT ANY FASHION TIPS?
@chiherald

Summer's nearly over; back to school

WELL it's that time of year again. The first day of school is just around the corner for some of our younger readers, time to wrap up summer and get back into school mode. None of us want the summer to end, especially as it seemed to fly by. Despite that feeling of dread when going back to school, I do however remember looking forward to school shopping! New pencil cases and pens, and of course some new clothes and accessories. I love getting new things and starting afresh.

> "Don't worry, I am not encouraging you to drag out your dusty, unloved school blazer"

Here are 5 things I think we should all have, young or old, for our wardrobe this school year.

• Blazer

A quintessentially preppy necessary. Don't worry, I am not encouraging you to drag out your dusty, unloved school blazer. It's time to dress a bit more professionally. Blazers look classy, you can either dress it up with a smart pencil skirt for an interview, or tone it down with jeans or leggins. They're very in this Autumn, so you won't find it hard to find yourself a tailored blazer with a quirky lining in the high street shops.

• Rucksack

The rucksack has had a resurgence in recent years. Two straps are back in fashion. Totally in your face, bright patterns are in this season. Gone are the days of buying an Adidas rucksack and record bags (if you remember that 90s trend). There have been so many awesome designs lately, and it will probably be more convenient than only fitting a few books in your handbag and carrying the rest. But remember, never overload your rucksack as this can lead to back problems!

• Scarves

They are just so cute and rather handy during infrequent weather patterns. Just like jeans and blazers, you can dress up any outfit with a cute scarf or just wear it to keep you warm. This season key styles include bold, quirky retro designs, fresh and fun colours, stripes and novelty girly monograms, printed scarves and stoles.

• Shoes

This hot weather is not going to stay around for much longer, so invest in some good quality leather shoes. Unfortunately I have learnt the hard way that paying a little bit extra is worth the pain at the till register in the long run. Quality shoes really do pay off. I mean, our feet are constantly bombarded with hard work, stomping around all day, getting us from A to B. And if there is one truth universally acknowledged, it's that cheap shoes will only give you blisters and cause you a whole load of problems for your Chiropodist. Look out for loafers as they're still hot and watch out, Jeepers creepers are emerging as a trend.

Lastly, those you can only wear on non school uniform days, but...

• Jeans... It's key to have at least one pair of comfortable and cute jeans in your wardrobe. You can dress them up or down depending on what you pair them with. And if you're super brave, you could even attempt double denim!

Alex Cvijovic is a Textile Designer and Illustrator. Collector of the unique. Lover of traveling, learning and creating. She is the creator of The Vintage Parade.

www.vintageparade.co.uk

Jools Oliver's Little Bird fashion collection set to fly off the shelves

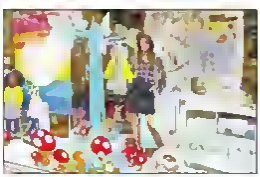
THE FIRST children's fashion collection from Jools Oliver has hit the shelves of Mothercare as the company attempts to emulate the success of its best-selling Baby K collection designed by celebrity mum Myleene Klass launched in 2007.

Jools Oliver – the 37 year old model, wife of Jamie Oliver, and mum of four – has turned business woman and fashion designer to create the Little Bird collection comprising of newborn and children's clothes, nursery bedding and accessories and gifts, which is exclusive to Mothercare and is available nationwide.

Jools, Jamie and their children Poppy (10), Daisy (9), Petal (3) and Buddy (2) were first in line to buy the new collection at the Mothercare store on Oxford Street, London.

Jools Oliver comments: "I have such a passion for the design of children's clothes, so to have this opportunity to work with Mothercare is just amazing. My mother dressed us in Mothercare clothes and I have done the same with my children, so Mothercare has always been part of my life. My designs combine both quirky and classic style inspired by my childhood memories. The collection features nostalgic, classic pieces, sprinkled with unique touches and playful attention to detail. The entire collection has been lovingly put together and accessibly priced for parents. I cannot wait to see the reaction to it."

Mothercare chief executive Simon Calvar,



who joined Mothercare in late April from LOVEFILM, comments: "We are delighted to have Jools on board and add the Little Bird collection to our stores. The new product range offers exceptional quality and style at an affordable price, which reflects exactly what our customers tell us they want from Mothercare."

Mothercare recently launched its largest store in the UK – a 30,000 square foot site in Edmonton, north London – designed to reflect customer needs. It features a mumspace zone for parents to bond with their toddlers, a 4D ultra-sound scanning studio, the chain's first in-store Costa Coffee, staff equipped with iPods to offer interactive sales experiences with customers and the UK's largest buggy park that allows parents-to-be to road-test the latest prams and buggies before they buy.

For more information on the Jools Oliver Little Bird collection visit littlebirdbyjools.com.

British women are covering up

UK WOMEN are more inclined to cover themselves up than their European counterparts, claims the Paris based fashion house, Georgede. Research undertaken by them shows that UK women chooses skirts and dresses that are 10cms longer than those opted for by women in Germany, Holland, Spain, France, Italy, Switzerland, Austria, Italy and the Scandinavian countries. Indeed, the only country with comparable lengths was Luxembourg.

The length of a skirt or dress is shortest in France and Italy at 70cms. Spain and Germany 72cms. Scandavia 73cms, Austria 74cms, UK 75cms and Luxembourg 78cms.

The research also threw up startling evidence that UK women are more conscious of their bodies than nearly every other European country and that consequently they are more prone to covering up than having all.

As Philip Bendavid, managing director of Georgede says: "It is very much the Kate effect. Kate Middleton and Kate Moss are leading the charge. Kate Moss' recent comment that women should cover up more is very much a reflection of what is happening to the UK. Increasingly British women are becoming more conservative in the way they dress."

"The Duchess of Cambridge is also definitely influencing the way British women are dressing. For example, you never see her inappropriately dressed. She covers up those areas that women are very conscious about."

"Over the last few seasons skirt and dress lengths have become longer. The trend is very much around demure outfits. Scantily clad is being replaced by Scantily clothed."

Research: The research of 1,000 women exposed the areas of the body that they are inclined to cover up.

Top of the list was the upper arm. 61% of women over 35 years old said that was the area that they most avoided showing, along with 32% of those under 35.

Next where knees, with 54% of women over 35 and 30% of under 35s choosing to cover them up, either with longer length skirts and dresses or trousers.

The upper bust area had 37% of over 35s and 19% of those under 35 choosing to not show this part of the body.

Of the torso the shoulder was the area of least concern for all females with only 18% of women over 35 opting to not show them and a mere 8% of under 35 year olds.

Bendavid explains: "Shoulders are one of the most sensual, but not necessarily sexual, areas of the body. Women are very comfortable showing them off with many believing it to be the most acceptable area of the body to expose – aside from lower leg and ankle."

The research flies in the face of the misconception that British women bare too much flesh. Bendavid says that those in Europe are more likely to expose more of their bodies.

He also believes that, aside from the enormous influence the Duchess of Cambridge has on the way the UK dress, women are once again appreciating that fatteringly cut clothes are sexier than showing bare flesh. He says: "Imagination is a wonderful thing. A woman is often more alluring when sufficiently well covered."

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Gardening myths that have been dispelled

THERE are more myths in gardening than you can shake a carrot at! Gardeners have been trying for years to discover a magical formula to boost plant growth.

Some even claimed to have found the Holy Grail and then guarded it with Fort Knox type security. The ingredients were committed to memory and only one item was bought from the chemist before buying the next from another so that even the chemist did not know the formula.

For years gardening was treated as muck and magic until the advent of gardening centres in the 1950s when more information became available to the amateur gardener.

However, one product, British National Growmore, a balanced fertiliser that was formulated during the war for the 'Dig for Victory' campaign, has stood the test of time and is still as popular today.

Over the years there has been some very nasty garden products, arsenate of lead was common by mixed with other products and sprayed over garden plants. Cyanuding a greenhouse was the standard practice to keep it free of pests, and just about everything else including the operator if he wasn't very nippy on his feet!

Tractor fuel was sprayed on the land to keep weeds down. Even that was not in the same class as one of the weed killer recipes, this was made by mixing half a pound of white arsenic and one pound of caustic soda and these ingredients were freely available from the local chemist.

For years we followed the advice to plant potatoes on Good Friday and no-one ever asked why? No-one seemed to notice that Good Friday can vary almost a month either way. So why plant potatoes on this particular day? Simply because it was the only extra day working people had off at that time of the year.

One myth that lasted for literally hundreds of years was that plant pots needed to be crocked, even the Romans were doing it. Crocking was filling the bottom of the pot with bits of broken clay pot or stones. The idea was that without these 'crocks' your pots wouldn't drain. What goes up must come down and pots have a hole at the bottom out of which the water could do nothing other than drain. So common sense as at last prevailed and it is now widely accepted that crocking pots can be detrimental to plant growth.

Now here is a real scorcher of a myth. Never water your plants while the sun is shining because the water droplets that sit on the leaves surface act as lenses and kill the

parts of the leaves beneath them. In contrast to the myth, water droplets sitting on leaves can actually be beneficial. They intensify the incoming light enough to accelerate the process whereby the green pigment assists in the creation of sugars in the leaves and so are beneficial to growth.

We should also remember that evaporating water causes cooling and not heating. It is no wonder that we gardeners are still at the bottom of the evolutionary scale.

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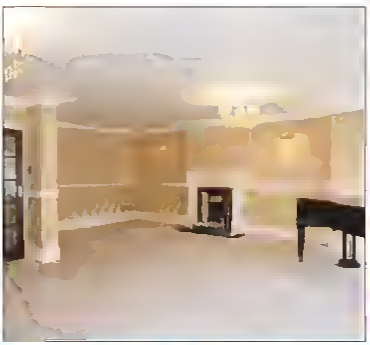

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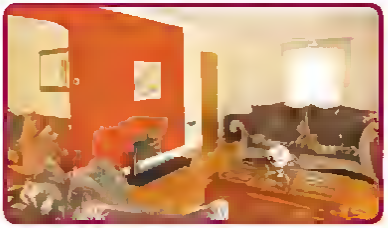
ALDWICK BAY ESTATE **£435,000**

A well presented detached chalet house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The property has been made the subject of a programme of refurbishment in recent years. G.F.H. u.P.V.C. double glazing, fascias & soffits, spacious triple aspect 'L' shaped living room, dining room, fitted kit. breakfast room, shower room, conservatory, utility rm/workshop, games room/bedroom, four bedrooms, good sized bathroom, garage with carport, gardens. N.B. The large games room/bedroom will take a full sized snooker table or could provide annexe accommodation if desired.



ALDWICK BAY ESTATE **£1,400,000**

A stunning detached family residence situated in private cul-de-sac. The property has been made the subject of an extensive programme of remodelling, extension & refurbishment over the past year. The accommodation comprises an entrance hall, cloakrm, sitting rm, tv room/home cinema, kitchen/breakfast rm, utility, 1st floor sun lounge with terrace, master bed with dressing rm/en suite & access to sun terrace, 2 further en suite bedrms, study & kitchenette, two 2nd floor bedrms with en suite facilities, boathouse with studio rm, loft & wet rm, garage, parking and garden with direct access to the beach.

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK **£525,000**

A detached family house situated approx. 200 yards from the local shops and around a quarter of a mile from the beach. The property has been renovated and improved by the current owners. G.F.H., large entrance verandah, cloakrm, spacious 'L' shaped lounge/dining rm, kitchen/rm, dual aspect rear sitting rm with bi-fold doors opening to rear gdn, utility rm, master bedrm with en suite bathrm & balcony, three further bedrms, shower rm, gardens of approx one fifth of an acre including a Westerley rear

ALDWICK BAY ESTATE **£495,000**

An extended detached character house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H., u.P.V.C. dble glazing, spacious dual aspect reception area partially separated into a front sitting rm with inner lounge/dining rm, kitchen/brkfast rm, utility rm, an office/study, gf fl bedroom (currently used as a further reception rm) with en suite shower rm, master bedrm with dressing area & en suite shower rm, second bedrm, bathrm, small garage/store room and wall screened gdns.

NYETIMBER **£425,000**

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bedrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room incorporating a kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden.

ALDWICK **£235,000**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h., delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge.

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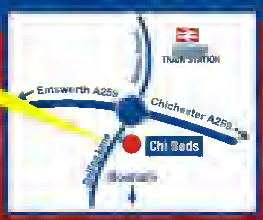

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High octane racing action arrives at Aston Martin Works

ASTON MARTIN RACING brought the high octane action of the race track pitlane to Aston Martin Works as owners and enthusiasts enjoyed an evening of motorsport.

The evening included a live pitstop demonstration by endurance driver Darren Turner and the Aston Martin Racing GTE pit crew, using the Vantage GTE race car which sped to a class podium place at Le Mans this year.

Darren and the team joined the event direct from testing the Vantage GTE at Donington Park – part of their preparation for the Six Hours of Silverstone WEC race on 26 August.

The Aston Martin Racing team brought the sights and sounds of the race track to the former home of Aston Martin in Newport Pagnell. Aston Martin Works is the official service and heritage division for the luxury British marque and the only dealership in the world offering both current and classic models for sale.

Following a welcome from Aston Martin Works Managing Director Kingsley Riding, Felce, David King, Director of Events for Aston Martin explained the importance of going racing in demonstrating the pedigree of the cars, which is underlined by the fact that the GTE car completed 332 laps at Le Mans – almost 3,000 miles – without any technical problems.

Guests then took pole position for a rare opportunity to get up close to the pitlane action as the GTE pit crew demonstrated the skill and precision required to perform the perfect pitstop. There was live commentary as Darren drove the Vantage GTE into position and the team demonstrated a full wheel-change including use of the high speed pneumatic jack system, recording a best time of 9.8 seconds for the evening.

Next the guests got a thrilling chance to get their hands dirty and experience the intense pressure of pit crew membership, racing against each other and the clock to complete the fastest wheel change.

Paul Spires, General Manager Sales, Aston Martin Works said: "The event provided a unique opportunity for our customers to meet the Aston Martin Racing team in person and have an insider's view of how the crew performs pitstops under intense pressure."

The evening concluded with a Q&A session with Darren, who competed at this year's Nurburgring 24 Hours and Le Mans 24 Hour events.

The event was supported by Hackett, supplier of AMR clothing, premier watchmaker Jaeger LeCoultre and luxury audio brand Bang & Olufsen. Profits from the event will go to support the work of the Aston Martin Owners Club and the Aston Martin Heritage Trust.

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Horse Racing

Strong set of entries at Goodwood

GOODWOOD Racecourse hosts a three-day August Bank Holiday Weekend this Friday 24th, Saturday 25th and Sunday 26th and the action from the track is set to be as exciting as ever with a set of strong entries at the five day stage.

The highlight race of the three days is the Group 2 Betfair Celebration Mile, on Saturday, where a total of 14 horses have been entered including CHACHAMAIDEE, winner of the bet365 Leonox Stakes at Glorious Goodwood on her last start for her trainer Sir Henry Cecil. The filly is so consistent in her races, finishing in the top three on her last ten starts, and has also won at Group 3 level at Lingfield Park earlier this season.

The feature race of Glorious Goodwood earlier this month was the QIPCO Sussex Stakes and FARHH, who finished second to the mighty Frankel on that day, remains a possibility for the race on Saturday for Saeed Bin Suroor. Before that, he was a good second to Nathaniel in the Coral-Eclipse, over 1m2f.

ALJAMAAHEER is another entry in the Betfair Celebration Mile with Glorious Goodwood form, having finished as an unlucky third in the RSA Thoroughbred Stakes on the fourth day of the meeting, behind TRUMPET MAJOR, trained by Richard Hannon, Roger Varian, Alyamookeer's trainer, says, "He is an intended runner for the Betfair Mile on Saturday. He was so unlucky not to win in the Group 3 at the Glorious Meeting and he has always trained like a good horse. He has come of his previous race well and in great form. I hope it doesn't get too wet again, I see there is a bit of rain forecast ahead of the weekend."

Eight-year-old PREMIO LOCO (trained by Chris Wall) is a horse that loves Goodwood, having previous won over course and distance. The gelding was fifth in the Betfair Celebration Mile last year behind Dubawi Gold and prior to that was third behind Frankel and Canford Cliffs in the 2011 renewal of the QIPCO Sussex Stakes.

Andrew Balding could be double handed in the race, with both SIDE GLANCE and TULLIUS as options. Tullius has progressed hugely this season, having started off by winning a handicap and going on to victories at both Listed and Group level, winning the Group 3 Sovereign Stakes at Salisbury last time out. Side Glance has never raced at Goodwood before but ran a good third behind Frankel at Royal Ascot, having won at Epsom in Derby Day before that.

Aidan O'Brien has entered three horses at this stage of the race, including DADDY LONG LEGS, REPLY and DECLARATION OF WAR. The latter will be making his

debut for Ballydoyle, having been previously trained by Jean-Claude Rouget in France, where he was unbeaten in two starts as a two-year-old. If Reply takes his chance, he will be stepping back up in trip to a mile, having run in the Darley July Cup over the sprint distance of six furlongs. His only race over a mile previously was in the Irish 2000 Guineas, finishing third.

VAN ELLIS, THISTLE BIRD, PENITENT and SET THE TREND make up the rest of the field at the five day entry stage.

Middleton face battle to go up

took 5 43. The Slinfold total of 187 was then easily passed as Ben Hansford 92 not out and Ed Towner 53 completed a comfortable win.

Ellingshurst were given a late score by Arundel before getting home by 3 wickets. They were 137-3 chasing Arundel's 146 before Keelan Shouldern took four wickets in two overs. Mike Burroughs 53 and Pete Burroughs 48 not out were their principal contributors. Earlier, Ben Williams, Andy Barr and Dan Mitipolaratchchi had all taken 3 wickets apiece for Ellingshurst.

Steyning made light work of Pagham's total of 180 as Matt Sewell with 107 not out and Sam Grant 62 not out completed a ten wicket win to take them up to third.

Rogate's title challenge ended after a high scoring draw with Wisborough Green. Wisborough Green made 220 all out of 53 overs. Alex Edwards made 98, Timothy Dodd 49. Sean Taylor took 4 26 for Rogate who then replied with 209 for 9. Luke Seward 96, Rob Willway 41, Ben Thatcher took 5 54 but neither side could claim a much needed victory.

Green did however move a little closer of Littlehampton who were beaten heavily at Shirlands by 9 wickets. Struan Cameron decimated their innings of 144 with 6 42 before Sean Heather smashed 101 not out of the Shirlands reply.

LEAGUE ROUND-UP FOR 18 AUGUST

PREMIER DIVISION

FIVE clubs remain in the relegation mix with Chichester battling Bexhill, Eastbourne, Worthing and Brighton and Hove all fighting to avoid the drop.

Chichester held Hastings to a draw at Priory Park. Hastings reached 278 for 5 declared after being put in, led by 68 from Harry Finch, 66 from Adam Maharaj-Newman and 65 from Toby Fiedel as Aussie leg-spinner Adam Zampa took 5 for 110. In reply Chichester held on at 227 for 7 with 56 from Richard Brewning and 33 from Chris Kirkham.

DIVISION THREE (WEST)

Division 3 West has however come down to Middleton or Ellingshurst taking the promotion place and both sides claimed 30 point wins to move clear of the rest of the challengers. The teams meet at Ellingshurst in the final game.

Middleton won by 8 wickets at Slinfold. After electing to bat only Guy Thorne with 54 made a significant score as Brandon Hooley took 5 43. The Slinfold total of 187 was then easily passed as Ben Hansford 92 not out and Ed Towner 53 completed a comfortable win.

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Motor Sports

Motor Sports Stars Set to Gather at the 2012 Revival

IN JUST one month's time the 2012 Goodwood Revival (14-16 September) will burst into life with an impressive line up of over 75 star drivers and riders in action at the legendary West Sussex motor circuit.

A host of familiar names and faces from a wide variety of motor sport disciplines are due to be in action at Goodwood, including Formula One stars, rally winners, endurance racing champions, fun top tearaways and top bikers, often competing in the most unlikely of machines.

Touring Car talent will be competing in 1950s saloon cars lured in the St Mary's Trophy race, including current Honda BTCC drivers Matt Neal and Gordon Shedden, along with other BTCC and WTCC legends Rob Huff, John Cleland, Anthony Reid, Stephen Jelley, Alec Poole and Patrick Watts.

These fun top racers will be joined by Scandinavian rallying greats Rauno Aaltonen and John Haugland, plus ex-Grand Prix stars Martin Brundle, Jochen Mass, Derek Bell, Rupert Keegan, Richard Attwood, Tiff Needell, Martin Donnelly, Desire Wilson, Brian Redman, Jackie Oliver, Vern Schuppan and Arturo Merzario, who are all sure to entertain the Revival spectators.

Many of these famous faces will also be racing wheel-to-wheel in more powerful machinery at the Revival, including the Royal Automobile Club Tourist Trophy Celebration race, and the Shelby Cup, which is being held exclusively for competition AC Cobras this year as this British Anglo-American sportscar celebrates its half-century.

Expect to also see Red Bull F1 team principal Christian Horner and the team's Chief Technical Director Adrian Newey in action, along with drivers as diverse as Indy 500 winner Kenny Brack, ASCAR Champion Nicolas Minassian and comedian Rowan Atkinson. Goodwood stalwarts Sir Stirling Moss, Sir Jackie Stewart, John Surtees and Derrie 'Whizzo' Williams will also be in attendance.

Motorcycling heroes will include Isle of Man TT stars Mick Grant, Charlie Williams, Keith Amor, Cameron Donald, Stuart Graham, Rex Butcher, Stan Woods and Cameron Donald, plus Moto GP rider Jeremy McWilliams, British Superbike ace Michael Rutter and Goodwood favourite Wayne Gardner.

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	4	4	0	0	16	1	15	12
PEACEHAVEN & TELS.	4	4	0	0	18	4	14	12
REDHILL	4	3	1	0	12	3	9	10
PAGHAM	4	3	0	1	11	7	4	9
RINGMER	4	3	0	1	6	3	3	9
ARUNDEL	4	3	0	1	5	3	2	9
RYE UNITED	4	2	0	2	8	5	3	6
DORKING WANDERERS	4	2	1	1	6	6	0	7
SHOREHAM	4	2	1	1	5	6	-1	7
LINGFIELD	4	2	0	2	9	6	3	6
SIDLEY UNITED	4	2	0	2	8	16	-8	6
HORSHAM YMCA	4	1	1	2	8	5	3	4
AFC UCKFIELD	4	1	1	2	7	7	0	4
LANCING	4	1	1	2	6	7	-1	4
EAST GRINSTEAD TOWN	4	1	1	2	5	6	1	4
SELSEY	4	1	1	2	4	8	-4	4
HASSOCKS	4	1	0	3	3	9	-6	3
CROWBOROUGH ATHLETIC	4	1	0	3	3	10	-7	3
HAILSHAM TOWN	4	1	0	3	5	16	-11	3
WORTHING UNITED	4	0	1	3	6	10	-4	1
CHICHESTER CITY	4	0	1	3	5	11	-6	1
ST FRANCIS RANGERS	4	0	0	4	2	9	-7	0

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	3	3	0	0	9	2	7	9
EASTBOURNE UNITED AFC	2	2	0	0	10	2	8	6
LITTLEHAMPTON TOWN	2	2	0	0	6	1	5	6
BEXHILL UNITED	2	2	0	0	5	3	2	6
SEAFORD TOWN	3	1	2	0	7	5	2	5
BROADBRIDGE HEATH	3	1	2	0	6	4	2	5
LITTLE COMMON	3	1	1	1	7	5	2	4
WESTFIELD	3	0	3	0	5	5	0	3
MIDHURST & EASEBOURNE	3	0	3	0	3	3	0	3
RUSTINGTON	3	1	0	2	6	8	-2	3
MILE OAK	2	0	2	0	2	2	0	2
LOXWOOD	3	0	2	1	2	6	-4	2
OAKWOOD	1	0	1	0	2	2	0	1
SALTDEAN UNITED	3	0	1	2	6	10	-4	1
STORRINGTON	3	0	1	2	1	10	-9	1
SOUTHWICK	2	0	0	2	4	6	-2	0
STEYNING TOWN	1	0	0	1	2	4	-2	0
WICK	2	0	0	2	1	7	-6	0

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
BARNHAM	2	1	1	0	3	1	2	4
BILLINGSHURST	1	1	0	0	5	2	3	3
SIDLESHAM	1	1	0	0	3	0	3	3
FERRING	1	1	0	0	3	1	2	3
CLYMPING	1	1	0	0	1	0	1	3
HAYWARDS HEATH TOWN	1	0	1	0	1	1	0	1
IFIELD	1	0	1	0	1	1	0	1
TD SHIPLEY	1	0	1	0	1	1	0	1
ROFFEY	1	0	0	1	0	1	1	0
ROTTINGDEAN VILLAGE	1	0	0	1	1	3	-2	0
UCKFIELD TOWN	1	0	0	1	2	5	-3	0
HURSTPIERPOINT	2	0	0	2	0	5	-5	0

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